



Healthy Snacks for Young Children

The following suggestions are tasty, healthy snacks for children that can be included in a *Healthy AI, Healthy Me* Celebration. They are simple to prepare and can be eaten with clean fingers! Make sure to consider all allergies and other food tolerance concerns.

Children love to help plan, prepare, and serve each other food. Individual servings are advised rather than “group dipping” bowls so children don’t spread germs.

These snacks remind children that healthy foods can be part of a fun party.

PBJ Minis

Make peanut butter and jelly (or soynut butter) sandwiches using mini ricecakes instead of bread.

Graham-yo’s

Dip graham cracker pieces in lowfat yogurt.

Hum-Dippers

Dip pretzels, pita wedges, and vegetables such as celery and carrot sticks or cucumber slices into hummus.

Red Ants on a Log

Spread peanut butter or soynut butter on celery. Press 3 or 4 dried cranberries as the red ants (on the log).

Healthy Smiles

Make funny faces out of fruit and vegetables. Use cucumber slices for eyes, grape tomatoes for the nose, pieces of cut up carrot to form a mouth, and green pepper slices for ears.

Geometry Foods

Stick salt-free pretzel sticks into cubes of low-fat cheese. Connect several together to make squares, triangles, and rectangles.

OR - Make shapes out of pretzel sticks by “gluing” the ends together with peanut butter.

Fancy Food

Skewer cubes of low-fat mozzarella cheese, cherry tomatoes, and black olives on plastic beverage stirrers.

Energy-burst Trailmix

Try make-your-own trail mix with some of the following: whole grain cereal, sunflower seeds, pumpkin seeds, almonds, and dried fruits like raisins, apricots, apples, bananas, or cranberries.

Roll-ups

Cut whole wheat tortillas into 6 triangles. Roll a slice of cheese or turkey in the triangle. Add a pickle spear for some zip or an apple slice for some crunch.

Pretty Parfaits

Using clear plastic cups, alternate layers of lowfat fruit yogurt and fruit – like blueberries, strawberries or cut up apple.

Fruit Discoveries

Bring in different fruits like a mango, star fruit, or papaya. Examine, cut up, and taste.