

Snack List & Nutrition Tips for Kids

Printable tips for info on the go! Print, cut on the dotted line, then fold on the solid line in the center. Now, hang anywhere you and your family will see it each day!



SMART SNACKING

WHY SNACKS MATTER

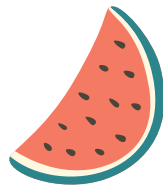
Kids need steady energy to learn, play, grow, and focus throughout the day. A balanced snack can help prevent energy crashes and keep kids feeling satisfied between meals.

LOOK FOR SNACKS WITH:

1. Protein or fiber
2. Less added sugar
3. Simple ingredients you recognize

EASY GRAB-N-GO SNACKS

- Yogurt pouch or cup
- Cheese stick + crackers
- Banana + nut butter
- Apple slices + cheese
- Hard-boiled eggs
- Trail mix (nuts + cereal + dried fruit)
- Snap peas, carrots, or pretzels + hummus
- Cottage cheese + fruit
- Low-sugar granola bar (under 9g of sugar)
- Applesauce pouch (no added sugar)



TIPS FOR RAISING CONFIDENT EATERS

Helping children build positive relationships with food now supports healthy habits later.

OFFER CHOICES

"Would you like apples or cucumbers?"

KEEP PORTIONS SMALL

Kids can always ask for more.

PAIR FUN & NUTRITION

Shapes, dips, colors, and build-your-own snacks work well.

CREATE A SNACK ROUTINE

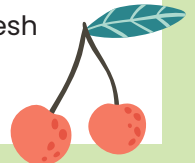
Predictable snack times help prevent grazing all day.

LET KIDS HELP

Kids are more likely to try foods they helped pick or prepare.

SNACKS ON-THE-GO TIPS:

- Prep snacks ahead for the week
- Use small containers or snack bags
- Keep a "snack bin" in the fridge or pantry
- Bring a mix of self-stable & fresh options
- Don't forget water



**SCAN HERE FOR MORE
NUTRITION RESOURCES!**

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TIPS FOR PICKY EATERS

Trying new foods is important for growth and development, but it can be scary for kids! The goal is not perfection, it is progress. Here are a few tips to help make it easier.

Make Food Fun & Low Pressure

Allow kids to push food around on their plate and get familiar with the look and texture. This helps them to experience the food in other low-pressure ways before tasting it. Touching, smelling, and even playing with food helps reduce hesitation and builds comfort and curiosity over time.



Try this: Use cookie cutters to cut foods into fun shapes or build silly "food faces."



It's Okay if They Say "No"

It is okay if kids do not eat new foods right away. Getting used to them takes time, and some kids need up to 15 exposures before trying. Keep offering the food without pressure.



Pair New with Familiar

Add a small amount of new food to meals your child already enjoys. This builds comfort and sparks curiosity. Try adding veggies to pasta, mixing new fruit into yogurt, or offering a tiny taste plate.



Give them Some Control

Let kids choose between 2-3 nutritious options. This builds independence and reduces power struggles.

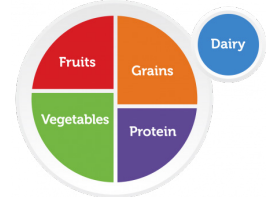
SCAN HERE FOR MORE PICKY EATER TIPS!



BALANCED MEALS MADE EASY

Think "Balanced Plate" *Not Perfect Plate*

Keep all food groups in mind when building a plate.



Add Color=Add Nutrients

Different colors mean different vitamins.

Protein+Carbs=Full for Longer

Pairing these food groups helps kids stay energized and satisfied.

SNACK IDEAS:

Greek yogurt + berries

Whole-grain crackers + cheese



Drinks Matter

Water and milk are your best choices!

SMART SHOPPING TIPS

Generic Brands Are Great

They are often just as nutritious and taste the same as name brands but at a lower cost.

Go Frozen or Canned

Frozen and canned fruits/veggies are affordable, convenient, and just as nutritious. Look for: "No added sugar," "Low sodium," "No salt added"

Buy in Bulk When You Can

Instead of pre-packaged snacks, buy bulk and package on your own. Buy value packs of meat and freeze the leftovers.