

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!



Grab-N-Go

Nutritious snack options can include foods like carrots, apples, or string cheese. Sometimes, 'snacks' are full of sugar or have very few nutrients. Those 'snacks' can leave kids feeling unsatisfied and still searching for something to eat.



Try These!



- Yogurt Pouch
- Popcorn
- Pickles (Yes, pickles!)
- Cheese Stick
- Mandarin Orange (Easy to peel!)
- Granola Bar (Less than 9 g sugar!)
- No Sugar Added Applesauce Pouch
- Banana
- Cashews
- Snap Peas
- Dry Cereal (Less than 9 g sugar!)



Scan here for more nutrition resources!



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Snack Attack!

Tips to Help Kids Make Nutritious Choices:

1. Make it fun! Use cookie cutters, colorful cups, or try making kabobs.
2. Start with small portions so new foods aren't scary.
3. Prep the snacks ahead of time and offer choices.



Yummy Combos



- Sliced Grapes & Crackers
- Cheese & Dried Fruit
- Pretzels with Nut Butter (Sunflower Butter is OK in most schools)
- Berries & Semi-Sweet Chocolate Chips
- Apple Slices & Deli Turkey
- Carrots & Hummus
- Whole-Grain Chips & Salsa
- Whole-Grain Crackers & Cottage Cheese



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Tips for Picky Eaters

Trying new foods is very important for growth and development, but it can be scary for kids! Here are a few tips to make it easier.

Play with the food

Allow kids to push their food around on their plate and get familiar with the look and texture of it. This helps them to experience the food in other ways before tasting it.

 **Use cookie cutters to cut foods into fun shapes!** 

Say yes to saying no

It is okay if kids do not eat the new food right away. It can take time to get used to seeing and eating new foods.

Pair new foods with foods your kids already enjoy

This increases kids' comfort levels and encourages curiosity.

Scan here for more picky eater tips!

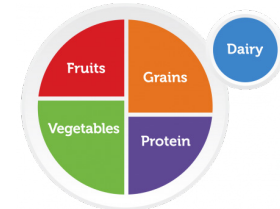


Balance & Budget: Building a Meal Kids Love

Balance

- **Keep the USDA MyPlate in mind when building a plate.**
 - Add color! Colorful fruits and vegetables provide different vitamins.

Find more info at myplate.gov!



- **Pair carbohydrates with proteins to make them more filling.**
 - Whole-grain crackers and cheese
 - Greek yogurt and berries
- **Protein can be added in many ways!**
 - Try eggs, cheese, hummus, yogurt, nuts, or milk.
- **Choose water or milk.**

Budget

- **Do not be afraid to buy off-brand.**
 - The foods are usually the same in taste and nutrition.
- **Buy "in-season", frozen, or canned produce.**
- **Choose value packs!**
 - Instead of pre-packaged snacks, buy bulk and package on your own.
 - Buy value packs of meat and freeze the leftovers.