



Super Snacks

Kids need snacks!

pudding made with milk

Fruit or crisp vegetables

A slice of cheese or peanut butter on toast

WIC cereal—with or without milk

Peanut butter and banana sandwich

Crackers and cheese

Offer a regular snack in the middle of the morning and again in the middle of the afternoon.

Try to have snacks 1 ½ to 2 hours before the next meal. If you give a snack less than an hour before a meal, it can cut your child's appetite.

If your child is too hungry to wait for dinner, try giving them some part of the meal like milk, bread or salad.

Snacks with protein will keep you child from getting hungry again soon. Protein foods are foods like milk, cheese, yogurt, meat, chicken, peanut butter and egg.

Snack Smart!

Do other people spoil your child with sweets and junk foods?

Try sharing the Fact Sheet with them. Let them know how much they can help you and your child by giving healthier snacks.

Suggest specific snacks to give or take a favorite snack for a grandparent or an aunt to feed your child at snack time.

Encourage others to “treat” your child by doing things you might not have time for, like games and art projects. This is much better for your child than candy and TV.

Dip its!
Serve up ranch dressing with mini-carrots, broccoli or pepper slices

An EGG-citing snack!
Slice a hard boiled egg. Serve with toast & juice!

Grab and Go Foods—
Keep the fridge and cupboards stocked with milk, fresh fruit, cheese, bagels and pretzels.

Shake It Up!
Kids love milkshakes. Mix 1 cup of milk, 2 scoops of frozen yogurt and 2 Tablespoons of flavored syrup. Blend until smooth.