
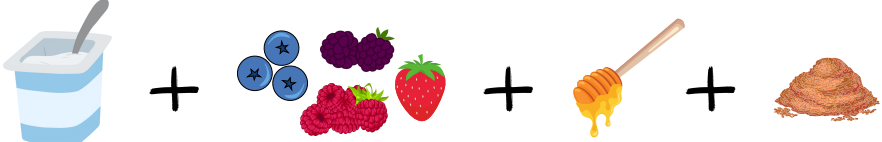









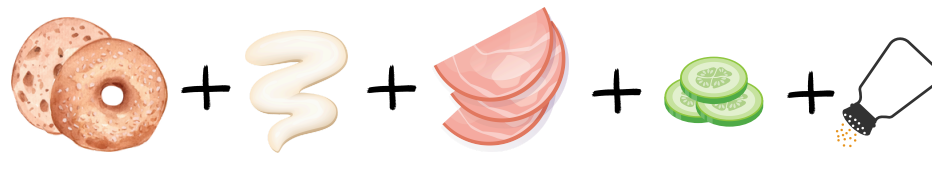

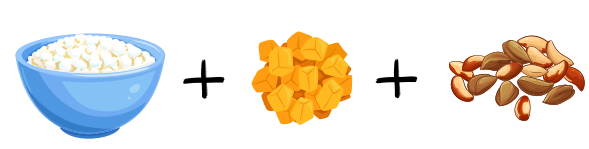




## Build and Take Snack Ideas for Kids

Try these snack ideas to see what your child enjoys. Serving sizes vary by package, age, and hunger level – trust your child's appetite and adjust as needed!

<p>10 -12 pretzels 2 Tbsp nut butter Celery sticks</p>	
<p>1/2 cup plain yogurt Mixed frozen or fresh berries 1 Tbsp honey 1/4 tsp cinnamon</p>	
<p>1/4 cup mixed nuts 2 Tbsp pumpkin seeds 2 Tbsp chocolate chips 2 Tbsp dried fruit 1/2 cup dried cereal</p>	
<p>10-12 crackers 2 to 3 Tbsp hummus Mix of vegetables</p>	
<p>1 pudding cup 2 Tbsp nut butter 2 full graham cracker sheets or 11 to 12 animal crackers</p>	
<p>7 to 10 apple or veggie chips 4 to 5 cheese cubes 1 oz beef jerky</p>	
<p>1 whole wheat tortilla 2 Tbsp crunchy peanut butter Banana</p>	

<p>Stack like smores:  2 graham cracker sheets  1/2 cup vanilla yogurt  Sliced strawberries</p>	
<p>Granola bar  Orange slices</p>	
<p>10 to 12 tortilla chips  1/4 cup guacamole  1/4 cup salsa  1/4 cup mashed black beans</p>	
<p>1 slice of bread  Canned tuna  1 Tbsp mayo  Pickle slices  Ground black pepper</p>	
<p>1 mini bagel  2 Tbsp cream cheese  2 slices of deli meat  Everything bagel seasoning  Cucumber slices</p>	
<p>2 hardboiled eggs  1/2 cup Goldfish crackers  Snap peas  Ranch for dipping</p>	
<p>1/2 cup cottage cheese  Diced canned or fresh peaches  2 Tbsp chopped nuts</p>	
<p>Fresh fruit  Chili powder, to taste  Lime juice, to taste  Salt, to taste</p>	



Learn more about our Pediatric Wellness program, free classes, and community food resources.