



Healthy Snacks

Prepare healthy snacks ahead of time. Keep a bowl of fresh fruit on the kitchen counter instead of a bag of chips!

Snacks can provide energy and nutrients. Young children need snacks because their stomachs are small and cannot hold enough food to last more than a few hours.

Here are some suggestions for healthy snacks:

- Cottage cheese and fruit
- Fresh fruit*
- Cheese on crackers
- Fresh vegetables*
- Yogurt
- Dry WIC cereal
- Hard-boiled eggs
- Quesadillas
- Peanut butter* on crackers

*Be aware of snack foods that can cause young children to choke. See "Preventing Your Child from Choking on Food"

What are your children's favorite nutritious snacks?