

# SMART SNACKS GUIDE

Pairings for children ages 2-5



## WITH MILK

- Milk + berries
- Milk + whole-grain cereal + sliced banana
- Milk + graham crackers
- Frothed milk (warm or cold) + animal crackers

## WITH CHEESE

- Cheese + steamed vegetables
- Cubed soft cheese + thin apple slices
- Shredded cheese + scrambled eggs + diced tomatoes
- Shredded cheese + tortilla + salsa

*(add to tortilla to make a quesadilla)*



## WITH YOGURT

- Yogurt + berries
- Yogurt + nut butter + sliced bananas
- Yogurt + oatmeal + chopped fruit
- Yogurt + frozen fruit  
*(blend to make smoothie)*



## COTTAGE CHEESE

- Cottage cheese + canned peaches
- Whipped cottage cheese + whole-grain toast + chopped fruit
- Cottage cheese + chopped vegetables (peppers, tomatoes, cucumbers)

## QUICK TIPS:

- Younger kids need to eat 3 meals and at least 2 snacks a day.
- Choose foods with different textures and from different food groups.
- Offer the same types of foods that you eat at mealtime or leftovers from previous meals.
- Include high-protein foods like dairy or lean protein and high-fiber foods like fruits, vegetables or whole grains to help satisfy until mealtime.
- Serve fresh, frozen or canned foods - they can all be healthy options.

# SMART SNACKS GUIDE

Pairings for children ages 6-10



## WITH MILK

- Milk + berries + whole grain cereal
- Warm milk + cocoa powder + cinnamon
- Chocolate milk + banana muffin
- Milk + nut butter + fruit  
*(blend to make smoothie)*

## WITH CHEESE

- String cheese + grapes
- sliced cheese + sliced cucumber
- String cheese + tortilla + salsa  
*(wrap and dip)*
- Cheese cubes + cherry tomatoes + pretzel sticks  
*(make kabob)*

## WITH YOGURT

- Yogurt + ranch seasoning + carrots
- yogurt + pumpkin puree + nutmeg/cinnamon + apple slices
- Yogurt + taco seasoning + black beans + whole-grain tortilla chips
- Yogurt + nut butter + celery  
*(mix into a dip)*



## COTTAGE CHEESE

- Cottage cheese + berries + granola
- Cottage cheese + toast + diced vegetables
- Cottage cheese + sliced pears + cinnamon
- Whipped cottage cheese + everything-bagel seasoning + pita crackers



## QUICK TIPS:

- Older kids need to eat 3 meals plus 1-2 snacks a day (depending on growth spurts/physical activity)
- Offer 1 serving from 2-3 different food groups to create a “smart snack” (whole grains, fruits, vegetables, low fat dairy and lean protein).
- Designate an “eating zone” at home and turn off screens.
- Include your child in choosing and preparing snacks.