

NEVADA WIC FRIENDLY SNACK IDEAS FOR KIDS

With Cheese

- Cheese sticks
- Cubed cheese
- Scrambled eggs + shredded cheese + avocado
- Tortilla + shredded cheese
- Cheese + steamed veggies
- Whole-grain pasta + shredded cheese + chopped tomatoes
- Whole-grain toast + cheese + chopped fruit

With Milk

- Cup of milk
- Whole-grain cereal + sliced bananas + milk

With Yogurt

- Yogurt + berries + whole-grain cereal
- Blended yogurt + frozen fruit
- Yogurt + bananas + peanut butter
- Yogurt + pumpkin puree + apple slices

Why Choose Dairy?

Dairy products provide up to 13 essential nutrients that help support kids' growth and development

Shop Only WIC-Approved Brands!

Access the Nevada WIC Shopping Guide & Approved Food List at NevadaWIC.org to save time and money on your next grocery trip.

Is Your Family Lactose Intolerant? No Problem!



Yogurt with live active cultures as well as **natural hard cheeses** like Swiss, parmesan, and cheddar are **all very low in lactose**. Plus, many brands now **sell lactose free milk**. Unless your child has a milk allergy, it's important to not miss out on all the essential nutrients and deliciousness dairy can provide you and your family!

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