

HEALTHY SNACK IDEAS

Cut Fruit
&
Yogurt

Oatmeal with
Cinnamon
& Apple sauce

Cut vegetables
Tuna &
Crackers

Bread
Cottage cheese
& vegetables

Fruit smoothie
(Fresh fruit, ice, milk)

Cut Vegetables
Tchina dip
& Pretzels

Avocado
Cherry tomatoes
& rice cakes

Serve water with every snack

Remember the "Division of responsibility"

Sit down at a table while eating