



# SUPER SNACKS

Below is a list of healthy snack options. Try one of the options below or create your own healthy snack combination with your child.

Banana with nut butter	Carrots and hummus
Orange and cheese stick	Veggies and dip
Whole grain crackers and hummus	Whole wheat bread and nut butter
Apple and yogurt	Whole grain crackers and cheese
Hard-boiled eggs	Whole grain crackers and tuna
Celery and nut butter	Baked chips and salsa
Fruit/yogurt smoothie	Plain popcorn
Plain Cheerios	Whole fruit
Chickpeas	Raisins
Applesauce	Nuts

Child's Name: \_\_\_\_\_ Caregiver Signature: \_\_\_\_\_