Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, helping to prevent costly and potentially disabling diseases, such as childhood diabetes and obesity.

Listed below are some examples of the snacks that I think would be great and that I have found the children enjoy:

1. Apple slices
2. Orange slices
3. Grapes
4. Granola bars (no chocolate or nuts)
5. Graham crackers
6. Goldfish crackers
7. Applesauce cups
8. Fruit cups
9. Carrots with ranch dressing
10. Popcorn
11. Pretzels
12. Rice cakes
13. Dried fruit
14. Raisins
15. Mini bagels with cream cheese
16. Pickles
17. Celery with ranch dressing or cream cheese
18. Animal crackers
19. Gogurts
20. Tortilla “roll-up”

Thank you,

Mrs. Roback