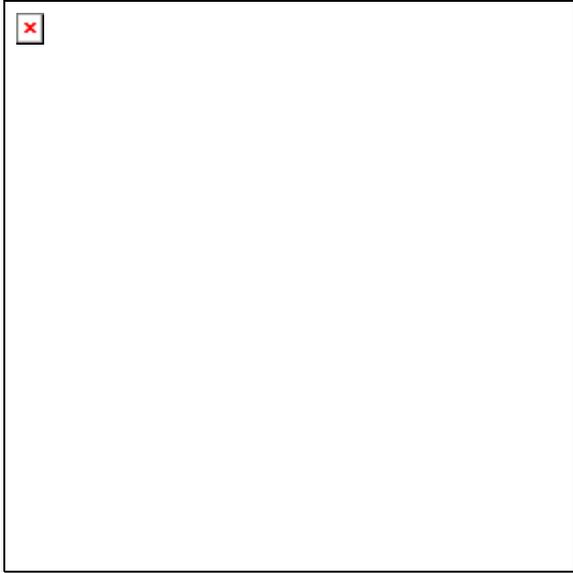


# HEALTHY SNACKS FOR KIDS

Children need 2-3 snacks daily. Choose foods from the Food Guide Pyramid.

## **Great snack ideas that kids love:**

- Granola Bars
- Mini bagel or crackers with cheese
- Celery sticks with peanut butter
- Trail Mix raisin, nuts, cereal, dried fruit
- Apple slices
- Banana
- Fresh strawberries, blueberries, or raspberries
- Yogurt
- Pudding
- Applesauce
- Pretzels
- Graham or animal crackers
- Cereal with or without milk
- Orange sections
- Grapes
- Raisins
- Baby carrots or cucumbers with dip
- Sliced red, green, or yellow peppers
- Muffins
- Rice cakes
- Pita bread
- Bean dip with tortilla chips
- Mellon balls
- Flavored milk, chocolate, strawberry, vanilla, or banana
- Turkey or Ham rollups - roll sliced meat with a piece of cheese
- Frozen yogurt or fruit juice bars



*Maine.gov Governor Baldacci*