

# Make Snacks Count!

Think of snacks as teeny-tiny meals.

Snacks are really important for toddlers and preschoolers. At this age, children have appetites that change throughout the day. Children need healthy snacks between meals to provide energy, vitamins, and minerals for their growing bodies.

## SNACKS TO CHOOSE...

### For children older than 1 year...

- Yogurt
- Crackers with mild cheddar cheese
- Dry cereal like Cheerios
- Oatmeal or Cream of Wheat
- Applesauce

### For children older than 3 years...

- Hard boiled egg
- Graham crackers
- String cheese
- Sliced apple with yogurt for dipping
- Sliced cucumber or baby carrots
- English muffin with pizza sauce and mozzarella cheese

