

# Make Snacks Count!

Think of snacks as mini meals.

Snacks are really important for toddlers and preschoolers. Young 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...

- Yogurt
- Crackers with cheese
- Whole grain cereal like Cheerios
- Oatmeal or Cream of Wheat
- Applesauce
- Hard boiled egg
- Graham crackers
- Cheese cubes
- Thinly sliced apple with yogurt for dipping
- Diced cucumber or peaches
- Whole wheat tortilla with pizza sauce and mozzarella cheese



## Fruit Wheels

Create a healthy snack with your child.

- Spread cream cheese onto a rice cake
- Have child add their favorite diced fruits like peaches, strawberries, pears and banana