



Healthy Snacks with Smiles

At child care, we offer a variety of healthy snacks for your child. Think of snacks as mini-meals. They help provide the nutrition and energy your child needs to grow, play, and learn.

Your child is offered at least two of the following types of foods at each snack:

Milk (½ cup)

Examples: ½ cup low-fat (1%) milk, ½ cup fat-free (skim) milk

Meat or Meat Alternate (½ ounce equivalent)

Examples: ¼ of large egg, ½ ounce of cheddar cheese

Vegetables (½ cup)

Examples: ½ cup of cucumber slices, ½ cup of bell pepper strips

Fruits (½ cup)

Examples: ½ cup of berries, ½ cup of peaches

Grains (½ serving)

Examples: 4 whole-wheat crackers, ½ slice of whole-wheat bread

Activity for Kids

Find these objects in the big picture:

- Carrot
- Egg
- Pear
- Cracker
- Milk



Fun Snacks

There are many easy ways to make healthy snacks fun. Try these ideas at home.

Fruity Faces

Create smiley faces with pieces of fruit.

Dippin' Vegetables

Thin strips of bell pepper and low-fat dressing or hummus (bean dip) make a great snack.

Smart Drinks

Plain water and low-fat milk make great beverage choices for snack time.

Snacks-to-Go

Decorate sandwich bags or fruit cups with markers or stickers. Healthy snacks can also come in fun packaging.

Super Shapes

Use cookie cutters to cut fun shapes out of sliced whole-grain bread, watermelon, low-fat cheese, and more.

Offering a variety of healthy foods as snacks helps kids get the nutrients and fiber they need for good health.

