



FIVE QUICK HEALTHY SNACKS

Try these delicious, nutritious snacks:

Some of these recipes include peanuts or cream cheese. Be aware of any allergies your child may have.

Ants on a Log

- Chop celery into 2" pieces and spread with peanut butter or cream cheese. Have your child carefully place the "ants" made from raisins in line on the log. Count the ants!

Tortilla Triangles

- Melt low-fat cheese between two tortillas and cut them into triangles. Ask your child to count the sides before they dip them into salsa. Not too hot!

Fruit On a Stick

- Chop up pieces of your child's favorite fruits like strawberries, pineapples, and cantaloupe. Show your child how to pierce them onto a straw or a pretzel stick. Let your child make more fruit sticks for everyone else in the family. For extra fun, add chunks of low-fat cheese. Yum!

Cinnamon Applesauce

- Spice up applesauce with a dusting of cinnamon. Compare the sauce with a real apple. What a difference!

Apple Dips

- Cut slices of apples and let the children dip them into peanut butter or vanilla yogurt. Easy and so good. Enjoy!

