

# Healthy Snack Ideas

- ✓ Pretzels
- ✓ Low-fat popcorn
- ✓ Grapes and whole grain crackers
- ✓ Peanut butter and celery
- ✓ Baby carrots and low-fat ranch
- ✓ Hummus on a whole wheat tortilla
- ✓ Low-fat yogurt with fruit
- ✓ String cheese
- ✓ Peppers and bean dip
- ✓ Hard boiled egg
- ✓ Tuna salad and whole grain crackers
- ✓ Fruit smoothie
- ✓ High fiber cereal and low-fat milk
- ✓ Sugar-free pudding and graham crackers
- ✓ Trail mix
- ✓ Fruit salad
- ✓ Nuts



# School Party Snack Ideas

- ✔ Fruit smoothies
- ✔ Fruit and low-fat cheese kabobs
- ✔ Ham or cheese sandwiches or wraps (with low-fat condiments)
- ✔ Vegetable tray with hummus
- ✔ Low-fat pudding or yogurt parfaits with fruit and nuts
- ✔ Low-fat tortilla chips with salsa or bean dip
- ✔ Trail mix with low-sugar, whole grain cereal, dried fruit, and nuts
- ✔ Nuts and seeds

