

Snack Ideas

- ▶ Cheese cubes & apple slices
- ▶ Nut butter on toast
- ▶ Yogurt & fruit
- ▶ Peanut butter on celery with raisins
- ▶ Raw or lightly steamed veggies & dip
- ▶ Cottage cheese with chopped pineapple or peaches
- ▶ Hard-boiled egg + apple slices
- ▶ ½ English muffin topped with tomato sauce & melted cheese
- ▶ Fruit shake: blend fresh or frozen fruit with milk or yogurt
- ▶ Fig newtons with milk
- ▶ Trail mix made with dry cereal, raisins & peanuts
- ▶ Crackers & hummus
- ▶ Tuna salad rolled into a flour tortilla and cut into pinwheels
- ▶ Dried, canned, fresh or frozen fruit, cut into small pieces served with cereal and milk



Making Snack Times Worthwhile

Offer **3 routine meals and 2-3 routine snacks each day** so that when your child doesn't eat much, they can make up for it soon at the next meal or snack time.

Schedule snack times to **avoid grazing** all day long. Separate meals and snacks by 2-3 hours.

Never withhold a snack because your child didn't eat well at mealtime.

Choose snacks from the **4 food groups**, not the packaged snack aisle.

Kids do best at snack time if they sit down with all distractions removed (**no TV or toys**).

Drink only **water** in between snack and meal times.

Your child decides how much to eat.



Thanks to Kristi at Interior Health for sharing these tips.