

Healthy Snack Ideas for Preschoolers

Animal Crackers

Ant on a log (*celery with peanut butter or cream cheese and raisins*)

Apple (*Try with dip: peanut butter, cream cheese*)

Applesauce (*individual servings with spoons*)

Apricots

Carrots with dip

Bagels *with various cream cheese spread or peanut butter*

Baked whole grain goldfish

Blueberry, bran, or cornbread muffins

Bread sticks *with cheese or marinara sauce*

Quesadillas (*cheese, peanut butter*)

Cheese (*string cheese, cheese squares*)

Cheese crackers

Cheese quesadillas

Chex mix

Popcorn cakes

Pretzel rods with dip (*peanut butter, whipped cream cheese*)

Cracker stackers (*lunch meat, cheeses, and veggies to build sandwiches*)

Crackers: *Graham crackers, saltines, ritz*

Crackers, animal crackers, whole wheat,

Whole grain crackers (great with dips, spreads, cheese)

Dates and squash

Dried fruit

Edamame

English muffins, flour or corn

tortillas, or Pita bread *topped with*

refried beans, canned chili, and Mexican shredded cheese (or pizza toppings)

Whole grain fig Newtons

Tortilla chips *with bean dip or salsa*

Fresh fruit (*cut into cubes, try freezing*)

Fruit and yogurt parfaits (*layer cut fresh fruit with yogurt and granola*)

Fruit kebobs

Graham crackers

Granola bars

Grapes (cut in half)

Hard boiled eggs

Kabobs made with fruits, veggies or lunch meat

Mandarin oranges

Melons

Fruit and cereal bars

Naturally sweetened dry cereal

Peanut butter and jelly squares

Peanut butter and fruit or crackers

Pears

Pita bread and hummus

Raisins

Pretzels (whole wheat)

Pumpkin seeds

Quick breads or muffins made with carrots, zucchini, pumpkin, bananas

Rice cakes

Sesame breadsticks

Vegetables (with dips, cottage cheese, hummus)

Yogurt

Trail mix (dry cereal, pretzels, cheese crackers, raisins)