

50 Healthy SNACKS for Kids



1. String cheese
2. Celery with Peanut Butter & Raisins
3. Homemade or Skinnypop popcorn
4. Cut up fruit
5. Mandarins or Oranges
6. Cucumber & turkey rollups
7. Plain yogurt with toppings
8. Cottage cheese
9. Oatmeal
10. Veggie Pita Pocket
11. Smoothie
12. Hard-boiled egg
13. Baked sweet potato fries
14. Homemade oatmeal balls
15. Larabars
16. RX bars
17. Homemade pb sandwich crackers (whole grain)
18. Pb and banana tortilla roll up
19. Olives
20. Apple & peanut butter
21. Roasted Chickpeas
22. Homemade trail mix
23. Guacamole & veggies
24. Homemade granola
25. Frozen peas
26. Carrot sticks & Ranch
27. Avocado toast (whole grain)
28. Homemade popsicles w fruit
29. Chobani less sugar yogurt
30. Frozen yogurt bites
31. Apple or beet chips
32. Raisin boxes
33. Coconut chips
34. Trail mix without nuts (school)
35. Cherry tomatoes
36. Whole wheat crackers
37. Fruit leather/strips
38. Freeze dried fruit
39. Kind bars (5 ingredients)
40. Grapes
41. Skinny Pop mini cakes
42. Whole grain pretzels
43. Gogo Squeeze applesauce
44. Fruit cups
45. Ella's Nibbly Fingers
46. That's It bars
47. Low sugar cereal
48. Whole grain muffins
49. Whole grain cracker sandwiches with seed butter
50. Homemade granola bars