Snack Time Ideas

Kids LOVE snack time. Preschoolers, in particular, enjoy getting a turn to "host" by serving the snack for the day. It gives them a sense of importance and control, a chance for attention from their classmates. Below are listed some ideas for healthy and easily shared items for snack time. We encourage you to keep simplicity and good nutrition in mind.



- ⇒ Fruit—slices of oranges, grapes, bananas, a fruit tray
- ⇒ Vegetables (carrots, celery, tomatoes, broccoli) and dip
- ⇒ Pretzels, popcorn, chex mix, or another cereal mix
- ⇒ Crackers: graham crackers, crackers & cheese, fish crackers, peanut butter & crackers



- ⇒ Pudding cups
- ⇒ Popsicles or frozen fruit treats
- ⇒ Bar cookies (like rice crispy treats)



- ⇒ Box of cereal
- ⇒ Cheese: cojack is a favorite or string cheese
- ⇒ Birthday treats (cupcakes, brownies, ice cream cups, popsicles or any of the above)





