Snacks give us energy to learn and play throughout the day. Treats make us feel tired and slow. They are less healthy.

Snacks

Bagel & Peanut Butter
Cheese & Crackers
Veggie Sticks & Hummus
Yogurt & Fruit

The best snacks have at least 2 food groups. We should try to eat these healthy snacks every day.

Treats

Treats are high in fat and sugar. We should try to eat these foods only once in a while.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.