**Smart Snacks to Pack**

**For Your Preschooler**

**What is a snack?**

- Smart snacks include foods from at least two of the five food groups (vegetables, fruit, grains, protein, and dairy).
- Choose snacks for your child that have little or no added sugar.
- Snacks and treats are different. Treats such as cookies are high in sugar and low in nutrition. Save treats for special occasions.

**Benefits of healthy snacks:**

- They provide a **brain boost** and help your child do better in school.
- They **refuel** your child’s body in between meals and keep them from getting too hungry.
- They help your child get all of the **vitamins & minerals** they need to grow and be healthy.

**Snacking Tips for Parents:**

- Plan ahead and buy healthy snacks when you grocery shop.
- When choosing snacks, offer two healthy choices and let your child pick.
- Pre-portion your child’s snacks into small plastic bags to grab-and-go.

~Flip sheet over for some quick & healthy snack ideas~
Quick & Healthy Snacks to Pack

- Cucumber slices and **hummus dip** (see recipe below)
- Low fat yogurt and berries
- Pretzels rods wrapped with thinly sliced turkey
- Rice cakes with sunflower seed butter
- Tortilla chips with salsa
- Whole wheat tortilla and cheese
- String cheese and sliced tomatoes
- Cottage cheese with crushed pineapple
- Whole wheat crackers and sliced cheese
- **Trail mix** (see recipe below)
- Pita bread with hummus dip
- Apple slices and sunflower seeds
- Hard boiled egg and mini bagel
- Pepper strips and ranch dip
- Unsweetened applesauce and graham crackers

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**Hummus Dip**

1 15-ounce can chickpeas (garbanzos)
2 tablespoons lemon juice
1 tablespoon olive oil
¼ teaspoon salt
4 sprigs fresh parsley (optional)

1. Open can of chickpeas and drain, saving the liquid in a measuring cup.
2. Combine all ingredients in blender or food processor and blend until smooth. Add 1-2 tablespoons of the saved liquid if needed.
3. Serve with carrot and celery sticks, pretzels, or whole wheat pita bread.

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**Trail Mix**

2 tablespoons mini pretzels
2 tablespoons whole grain cereal
1 tablespoon raisins
1 tablespoon sunflower seeds

Put all ingredients into a small plastic bag. Shake it up and take it anywhere!

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For more healthy recipes, go to: uri.edu/SnapEd/recipes