

Smart Snacking

For Kids!

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.**

