

# 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)

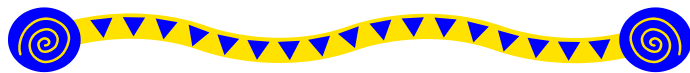
- Pita bread with hummus dip

- Apple slices and sunflower seeds

- Hard boiled egg and mini bagel

- Pepper strips and ranch dip

- Unsweetened applesauce and graham crackers



## *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.



## *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!

**For more healthy recipes, go to:  
[uri.edu/SnapEd/recipes](http://uri.edu/SnapEd/recipes)**