



Nutrition News



SNACK TIME

Make Time for Snacks

Children have small tummies and need to have snacks a couple of times a day.

Try to offer snacks at the same time every day. One between breakfast and lunch and one between lunch and dinner.

Snacks Can Be Simple

- Cherry tomatoes, halved
- Carrots sticks
- Strawberries, sliced
- Orange segments
- Green pepper strips
- Cucumber slices
- Cantaloupe chunks

Try These Snacks

→ Fill an ice cream cone with finely chopped fruit and low fat yogurt.

→ Spread peanut butter on whole wheat toast and top with banana slices.

→ Sprinkle shredded cheese on a whole wheat tortilla, fold in half and microwave until the cheese melts. Eat with salsa.

→ Blend fresh or canned fruit. Pour into small plastic cups and freeze. Eat with a spoon.

→ Spread refried beans on a corn tortilla, sprinkle with cheese, roll up and microwave until the cheese melts.

→ Dip cut up vegetables in hummus.

→ Wrap a slice of ham around a whole wheat breadstick.



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Any Questions? Ask Your WIC Staff

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