

50 SNACK IDEAS FOR KIDS

Allergy-Friendly Ideas

Kids love snacks, right?!? Offering healthy snacks between meals provides nutrients and energy for growing bodies and helps keep kids full until the next meal.

Children need to eat frequently because they are growing and developing rapidly. Every child is different, so nutrition and energy needs may vary by age and developmental stage.

What constitutes a snack? Our main tip for creating healthy snacks is to combine two food groups to create a snack. Best practice is to include a fruit or a vegetable as one of the options. Further, you could offer three food groups, and let your child choose at least two:

- Fruits: whole fruit, fruit juice
- Vegetables: variety of fresh, frozen, or canned whole vegetables, beans and peas
- Grains: whole grains, refined grains
- Protein foods: fish or seafood, meat, poultry, eggs, nuts or nut butter, seeds and soy
- Dairy: milk, yogurt and cheese (cow's milk or alternative)

For instance, you can pair safe bread with nut butter to provide a whole grain carbohydrate, healthy fat, and protein. This combination will give quick energy from the carbohydrates, while the fat, protein and fiber will help keep them full with longer lasting energy to last until the next meal. Don't forget to offer water at snacks or between meals to help keep your kids hydrated too!



Snacks Free-from the Top 9 Allergens

Over 170 foods have been known to cause an allergic reaction. In the United States there are nine most common allergens: milk, egg, peanut, tree nuts, wheat, soy, fish, shellfish, and sesame.

If you are feeding someone with food allergies, make sure to check every label, every time. This handout uses the word "safe" to warn that not all products will be free-from Top 9 Allergens.

1. Safe bread or toast + avocado
2. Homemade trail mix (dried fruit, sunflower seeds, safe chocolate chips)
3. Rainbow fruit platter + safe biscuits
4. Homemade, safe popcorn + bell pepper strips
5. Rice cakes with safe sunflower butter + safe mini chocolate chips
6. Roasted chickpeas + safe crackers
7. Carrot slices, cucumbers, and cherry tomatoes + safe veggie dip
8. Apple slices + safe sunflower butter or soy butter
9. Safe milk-free yogurt + frozen blueberries or peaches
10. Sugar snap peas + safe pretzels + sesame-free humus
11. Deli turkey roll-up + avocado slices
12. Safe tortilla roll-up with mashed banana and safe sunflower butter or soy butter

Nut-free, Egg-free, Sesame-free Snack Ideas

13. Greek yogurt + safe granola + berries
14. Egg-free muffins + applesauce
15. Toast with soy butter + banana slices
16. Strawberry banana smoothie + graham crackers
17. String cheese + apple slices + pretzels
18. Goldfish crackers + nut-free yogurt
19. Cottage cheese + sliced peaches
20. Cheese and black bean quesadilla with guacamole or salsa
21. Soft-roasted chickpeas with kiwi and pretzels
22. Crackers + sliced cheese + sliced cucumbers
23. Chocolate milk + safe sunflower butter or soy butter sandwich
24. Cheese cubes + pretzels + grapes, apple slices, and/or black olives

Milk-free, Egg-free Snack Ideas

25. Apple slices + safe nut butter
26. Sugar snap peas + pretzels + hummus
27. Nut butter on celery sticks with raisins
or safe chocolate chips
28. Safe bread + nut butter + cinnamon
29. Milk-free yogurt + sliced berries
30. Graham crackers + safe nut butter
31. Edamame in the pods + sliced pear
32. Safe crackers + ham slices + grapes
33. Safe bagel + safe nut butter + banana
34. Safe muffin + milk alternative of choice
35. Safe tuna salad + carrot sticks + celery
36. Homemade "nice cream" from frozen
banana + safe nut butter
37. Safe toast + safe nut butter + jam

Wheat-free + Gluten- free Snack Ideas

38. Hard boiled egg + Rainbow veggie tray
39. Safe pretzels + carrot sticks + milk
40. Safe toast + avocado spread + sliced
hard boiled egg
41. Gluten-free crackers + grapes + cheese
42. Gluten-free cereal + milk
43. Homemade snack mix: gluten-free
cereal + gluten-free pretzels + dried fruit
44. Safe yogurt + blueberries
45. Rice crackers + cheese slices
46. Safe tortilla chips + veggies + hummus
47. Smoothie with yogurt + fruit + nut butter
48. Cheese cubes + Rainbow fruit tray
49. Veggie slices + safe ranch dressing
50. Frozen banana bites + safe nut butter