



Healthy Snacks for Kids

When choosing snacks for your child, use creative shapes and colorful containers to make them look appealing and fun to eat. Packing snacks in advance can help your child get through the day without having to resort to the highly processed foods normally found in the lunch room. Here are some ideas to start you off!

Toddlers & Pre-schoolers

Rice crackers and Sliced avocado or egg yolk (egg white should be avoided until 2 years of age due to allergic potential)	Coconut macaroons (recipe below) Coconut builds brain mass!
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Kindergarten through Elementary School

Homemade apple sauce (recipe below) with crackers and almond butter	Guacamole or bean dip with baked corn chips
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Middle and High School

Ambrosia (recipe below) with organic cream-top vanilla yogurt	Protein bar (rice, whey, or egg-based is better than soy)
Carrot or celery sticks with hummus or ranch dressing	Tuna salad and crackers (limit to once per week because of mercury content)
Berry Smoothie (recipe below)	Deviled eggs

Recipes

<u>Ambrosia</u> 1 cup grated carrot ½ cup drained crushed pineapple ¼ cup chopped walnuts or pecans ¼ cup shredded coconut Mix and store in refrigerator. Makes 3 servings.	<u>Coconut Macaroons</u> 2 cups shredded coconut 2 large eggs ½ cup Xylitol or ¼ cup honey Mix well and drop by teaspoonfuls onto greased baking sheet. Bake at 325 ^o until golden brown. Makes 1 dozen macaroons.
<u>Berry Smoothie</u> 1 cup frozen organic berries ½ cup organic vanilla yogurt or canned coconut milk ¼ banana 6 ice cubes Blend and store in a thermos to take to school. Makes 2 smoothies.	<u>Homemade Apple Sauce</u> 4 peeled, cored, sliced apples 1 Tbsp Xylitol or honey 1 Tbsp lemon juice 2 tsp cinnamon Boil apple slices until soft. Drain off excess water and mash apples with other ingredients. Makes 4 servings.