



# Snack Attack

## Make Food Fun

Be creative when serving fruits and vegetables to your kids, when kids are interested in foods they are more likely to try them. Here are a few tips to get you started:

- Cut fruits in fun shapes using cookie cutters
- Serve fruits or vegetables out of healthy edible bowls, like a carved out pepper or melon
- Make fruit or veggie kabobs using a variety of healthy options
- Freeze 100% fruit juice with fruit chunks to make your own healthy fruit pops
- Dip cut fruit in orange juice or apple juice to stop it from browning and add taste

## Banana Cheese Pinwheels Recipe

- 2 Whole-wheat tortillas
- 2 tbsp Light cream cheese
- 2 Bananas

Spread cream cheese on tortillas and a banana down the center. Wrap tortilla around banana, tightly wrap tortilla in plastic wrap and refrigerate for at least 30 minutes. Unwrap and cut each roll into 6 pieces when ready to serve.  
(Serving is 3-4 pieces)



## Variety

Variety in food helps make sure that children get the vitamins and minerals they need, rather than just getting the same vitamins and minerals at each snack. When offering snacks, always offer an assortment instead of offering the same snacks day after day.

Healthy snack foods include:

- Fruits and vegetables
- Whole grain crackers, cereals, and bread
- Eggs
- Low fat cheese, milk, and yogurt
- Spreads & dips like hummus and peanut butter\*

## Sample Snack

Day	Sample Snack
1	Fruit and cheese kebabs <i>(try different cheeses for variety)</i> Milk
2	Light popcorn Cheese string 100% fruit juice
3	Banana cheese pinwheels Milk
4	Fruit smoothie <i>(fruit/yogurt &amp; milk)</i> Dry cereal mix <i>(shreddies, cheerios, or corn bran)</i>
5	Veggies <i>(broccoli &amp; carrots)</i> Hummus Dip Milk
6	Bagel <i>(top with light cream cheese or non-hydrogenated margarine)</i> 100% fruit juice
7	Whole wheat English muffin <i>(top with cheddar cheese)</i> Fruit cup in juice

**\*\*Be aware of any allergies when serving food**