

15 SIMPLE SUNNY SIDE UP SNACKS



Fruit and Yogurt Smoothie

Apple and nutbutter (or sunflower seed butter)

Cheese, meats, fruit and crackers

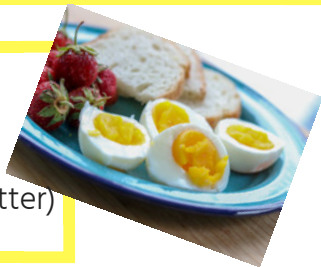
Greek yogurt, granola and fruit

Freeze your favorite yogurt and serve with fruit

Cookies and a glass of milk

Hard boiled eggs, crackers and fruit

Granola Bars with nut butter (or sun butter)



Pita chips, fresh green beans and Tatziki

Tortilla chips and salsa

Chips and Guacamole





Graham crackers, goat cheese and jam
Watermelon, cucumber and feta cheese
Pretzels and peanut butter (or sun butter)
Trail mix and fresh fruit

SUNNY SIDE UP SNACK TIPS

1. Prioritize **sit down snacks** with **minimal distractions**
2. Offer snacks **2-4 hours after a meal**
3. **Pair protein and carbohydrate** when possible
4. **Offer new foods** at snack time
5. **Keep snacks easy** - they don't have to take lots of time to prepare