



# 20 SIMPLE SNACKS + 5 TIPS

1. Fruit + Yogurt Smoothie
2. Apple + nut/seed butter
3. Cheese, meats, fruit + crackers
4. Yogurt, granola + fruit
5. Freeze your favorite yogurt + serve with fruit



6. Cookies + a glass of milk
7. Hard boiled eggs, crackers + fruit
8. Granola Bars + nut/seed butter
9. Chips + Guacamole +/- Salsa
10. Ham or Turkey Tortilla Rollup

11. Graham crackers, goat cheese + jam
12. Watermelon, cucumber + feta cheese
13. Pretzels + nut/seed butter
14. Trail mix/nuts + fresh fruit
15. Pita chips, fresh green beans + tzatziki





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16. Hummus, veggie tortilla roll up
17. Tuna + cheese + toast
18. Oatmeal + Apples + Nut/Seed Butter
19. Blueberry Muffin + milk
20. Graham Crackers + Nutbutter  
+ Choc chips



## 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