

What are the best snacks for my child?

Wise moms and dads serve smart snacks so kids get the right nutrients to grow strong.

★ Mealtime foods make smart snacks:

- Fruits and veggies
- Bite-size cheese
- Creamy yogurt
- Low-sugar cereal and milk
- Bread with peanut butter
- Small pieces of leftovers

★ Think of snacks as mini-meals – more nutrition to help your child grow, play and learn.

Choose one to start the conversation:

- 1 Snacks are an important part of everyday nutrition for kids. (And parents, too!) What food does your child like for snack time at home? How about at child care?
- 2 My kids love peanut butter on bananas. Do you have some easy ideas for smart snacks that I can pass on to other parents?
- 3 I have a list of “kid-tested” snacks from other parents that I can share with you. Do any of these look like they might work for your family?



Give them exclusive information.

Circle one or two specific snacks on a written list.