

Simple Snacks for Kids

Easy • Low-Prep



Quick, No-Cook Snack Ideas

Choose whole foods
and whole grains
when possible

Yogurt Bowls

- Plain or lightly flavored yogurt
- Add fresh or frozen fruit
- Optional: small amount granola, chia seeds, sunflower seed



Veggies & Dip

- Baby carrots, cucumber slices, bell peppers
- Hummus, ranch, or yogurt-based dip

Trail Mix (DIY)

- Whole-grain cereal
- Nuts or seeds (as allowed)
- Dried fruit
- Optional add-ins: pretzels, popcorn, chocolate chips (small amounts)

Crackers & Cheese or Meat

- Whole-grain crackers
- Cheese cubes or meat slices
- Add fruit or veggies for a more filling snack

Ants on a Log

- Celery sticks + peanut butter or cream cheese
- Top with raisins or dried cranberries
- Swap ideas: other nut/seed butters, sliced grapes, shredded coconut

Cereal Snack Mix

- Whole-grain cereal
- Crackers or pretzels
- Seeds or dried fruit
- Great for scoop-and-serve snacks

Fresh Fruit Plate

- Apple slices, orange wedges, berries, bananas
- Serve with yogurt or cheese



Pair two or more
categories of snacks for a
filling and well balanced
snack that will keep kids
satisfied until meal time.

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Mix & Match: Choose 2 Food categories for a filling snack

Snack Safety Tips

- Cut foods to prevent choking hazards
- Follow allergy policies
- Keep portions kid-sized
- Offer water with snacks

Fruit-Based Snacks

- Apple slices
- Banana halves or rounds
- Orange wedges
- Grapes (cut lengthwise for young children)
- Berries (fresh or thawed frozen)
- Unsweetened applesauce

Vegetable Snacks

- Baby carrots
- Cucumber slices
- Bell pepper strips
- Cherry tomatoes (halved)
- Steamed broccoli or peas

Protein & Dairy Snacks

- Cheese cubes or string cheese
- Yogurt, plain or lightly flavored
- Cottage cheese
- Hard-boiled egg, chopped or halved
- Nut or seed butter, thin spread or dip

Grain Snacks

- Whole-grain crackers
- Dry whole-grain cereal
- Mini rice cakes
- Whole-grain toast halves



Easy Snack Ideas for Kids

Simple 2-Ingredient Combos

- Apple slices + peanut or sunflower seed butter
- Crackers + cheese
- Yogurt + fruit
- Banana + milk
- Veggies + hummus
- Cereal + milk

High-Protein, Still Simple

- Cheese + fruit
- Yogurt + granola
- Hard-boiled egg + fruit
- Nut/seed butter + crackers

Find more ideas here:

<https://www.srnutrition.co.uk/2024/08/snacks-for-toddlers-and-young-children/>

<https://www.savethechildren.org/us/charity-stories/power-snacks>

<https://archerjerky.com/blogs/the-range/top-10-sugar-free-kids-snacks-for-a-healthy-on-the-go-lifestyle>

<https://www.familyfoodonthetable.com/high-protein-snacks/>

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Recipes/Ideas for when you have extra time or ingredients

Choose whole foods
and whole grains
when possible

Fruit & Cheese Kabobs

- Cubed fruit + cheese

Mini Wrap Roll-Ups

- Whole-grain tortilla
- Cream cheese, hummus, or nut/seed butter
- Optional: turkey or veggies

Balanced Snack Plate

- Fruit (F/V) or Veggie (F/V)
- Cheese (D), or yogurt (D),
- Nut/seed butter (M/MA)

No-Bake Snack Bites

- 1 cup oatmeal
- 1/2 cup peanut butter or other nut butter
- 1/4 cup honey or other sticky sweetener
- 1/4 cup dried cherries or other dried fruit
- Optional: 1/4 cup chocolate chips, 1/4 tsp cinnamon, 1 tsp vanilla extract

Mix all ingredients together, then form into 1" balls.
Store in an airtight container in the refrigerator.



Homemade 5 ingredient Granola

- 1/3 cup creamy peanut butter (or other nut butter)
- 1/3 cup honey (or maple syrup)
- 1 heaping teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 2 1/2 cups old-fashioned rolled oats

Instructions

1. Preheat oven: 300°F and line a baking sheet with parchment paper.
2. In a bowl, stir peanut butter and honey until smooth.
3. Stir in vanilla and cinnamon.
4. Add oats: Mix until oats are fully coated.
5. Bake: Spread on baking sheet and bake 15 minutes. Flip gently and bake another 5–15 minutes until golden brown — watch closely so it doesn't burn.
6. Cool: Let cool completely to crisp up. Store in an airtight container up to 2–3 weeks.

