

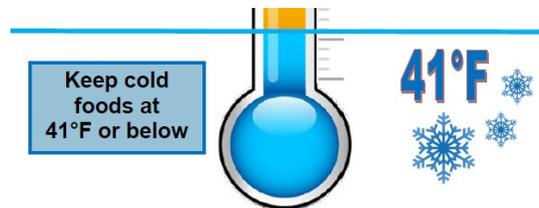
A Month of Snack Ideas for Preschoolers

These ideas are for parents and child care providers purchasing food for children attending a child care center with limited ability to prepare fresh fruits and vegetables. See food safety and planning tips on the other side. Cold foods are **in bold**.

<p>Whole Grain Bagel</p> <p>Pizza Sauce</p> <p>Mozzarella Cheese</p>	<p>Banana</p>  <p>Whole Grain Cereal*</p>	<p>Apples</p> <p>Cheddar Cheese Slices</p>	<p>Pineapple</p>  <p>Plain Yogurt</p>	<p>Apricots</p> <p>Graham Crackers</p>
<p>Cheese Slice</p> <p>Whole Grain English Muffin</p>  <p>Sugar Snap Peas</p>	<p>Seedless Clementine</p>  <p>Plain Yogurt</p>	<p>Sun butter (Sunflower seed spread)</p> <p>Whole wheat bread</p> <p>Unsweetened Applesauce</p>	<p>Carrots</p> <p>String cheese</p>	<p>Bean Dip made with Rinsed and Mashed Pinto Beans plus Mild Salsa</p> <p>Corn Tortilla Triangles</p> 
<p>Whole Wheat Pita Triangles</p>  <p>Hummus</p> <p>Mandarin oranges</p>	<p>Banana</p> <p>Wow butter (Soy nut butter)</p>  <p>Whole Grain Cereal</p>	<p>Broccoli and Cauliflower</p>  <p>Cheddar cheese</p>	<p>Raisin Bread</p> <p>Seedless Clementine</p> 	<p>Peaches</p> <p>Cottage Cheese</p> 
<p>Whole Wheat Bread</p>  <p>Commercially-prepared hard-cooked egg</p> <p>Carrots</p>	<p>Whole Grain Tortilla Wrap made with Rinsed Pinto Beans plus Mild Salsa</p> <p>Seedless Clementine</p>	<p>Whole Grain Roll</p> <p>Marinara Sauce</p> 	<p>Cucumber Slices</p> <p>Whole Grain Crackers</p>  <p>Cheese slices</p>	<p>Yogurt Parfait made with Plain Yogurt and Frozen Mixed Berries</p> <p>Whole Grain Cereal*</p>

Planning Snacks for Children

Food Safety Remember to wash hands before eating and to keep cold foods at 41° or below. Perishable foods such as hummus, cheese, yogurt, cottage cheese and hard-cooked egg must be purchased by center staff and kept in the center's refrigerator. If using fresh produce, it must either be washed in an approved sink at the child care center or be commercially washed and packaged, such as apple slices, carrots, broccoli, and cauliflower or wrapped cucumbers. In the case of fresh bananas, they must be peeled first then cut. Clementines need to be peeled by the child.



Watch out for foods that can cause choking for children under age four. Some foods that young children can choke on include hot dogs, raw carrots, apple pieces, whole grapes, fruits with pits, and popcorn.

Tips for planning healthy snacks

Serve snacks with water to drink.



When planning a healthy snack, keep in mind that it should include at least **two** of the following food groups:

- Vegetables
- Fruits
- Whole grains such as whole wheat bread, whole grain cereals*, corn tortilla, or whole wheat pita
- A good source of lean protein such as beans, eggs, nut butter
- A good source of calcium such as milk, cheese, or yogurt

*Examples of Whole Grain Rich Cereals: Oatmeal, Cheerios, Life (Regular), Wheat Chex, Oatmeal Squares, Grape-nuts, Grape-nuts Flakes, Wheaties, Shredded Wheat.



Enjoy your food choices and perhaps these tasty foods may be just right for your snack, too!

