

# Healthful Snacks for Growing Kids (for home or school)



- Fresh fruits and vegetables
- Nuts, seeds, peanut butter, and other nut butters
- Crackers with whole grain listed as the first ingredient, no trans fat and 1 gram or less of saturated fat
- Cheese sticks
- Granola bars, cereal bars, and tortilla chips containing at least 2 grams of fiber, no more than 140 mg of sodium, no trans fat and 1 gram or less of saturated fat
- Low fat plain or flavored milk or milk alternative such as soy, rice, or almond milk
- Salsa with tortilla chips
- Low fat, low sodium popcorn
- Trail mix made with whole grain cereal, nuts, and dried fruit
- Pretzels and pita chips with 2 or more grams of fiber
- Refrigerated yogurt
- Pudding
- Frozen 100% juice bars or homemade 100% "juice-sicles" or low fat "yo-sicles" made from refrigerated yogurt and then frozen
- 100% fruit or vegetable juice  
*For children ages 7 to 18, juice intake should be between eight and 12 ounces a day —The American Academy of Pediatrics*
- Cooked, dried, or canned fruits (canned in fruit juice or light syrup)

***Brought to you by the "Co-ops to Kids" project,  
a service of your local community food co-op.  
We make healthy eating easier!***

*For more information, call Kate Bailey at the Brattleboro Food Co-op (802) 254-3267, or Mary Saucier Choate at the Hanover and Lebanon Co-op Food Stores (603) 643-2667*