

25 HEALTHY SNACK IDEAS

Graham Crackers + Milk
Light Microwave Popcorn
Fresh Fruit
Vegetables & Dip
Pita Bread with Hummus
Rice Cakes with Peanut Butter
Dried Fruit
Low Fat Crackers with Peanut Butter
Deli Meat Rolls
Yogurt + Raisins
Cereal + Milk
Nuts (if your child is over 4 years old)
Pumpkin Oat Muffins (see recipe on *page 33*)
Magic Muffins (see recipe on *page 60*)
Trail Mix (see recipe on next page)
Applesauce or Fruit Cup
Fruit Smoothie (see recipe *page 164*)
Beef Jerky or Turkey Jerky
Leftover Pasta with Sauce
Whole Wheat Toast with Peanut Butter
English Muffin Pizza (see recipe on *page 54*)
Cottage Cheese with Fruit
Crackers with Tuna
Pretzels
Oatmeal
½ Bagel with Cream Cheese

Go to www.400moms.com to print a copy to put on your refrigerator.