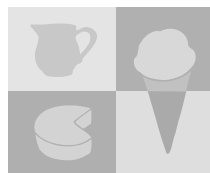
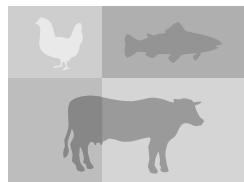
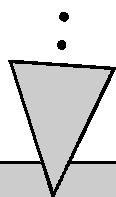


HEALTHY SNACKS



DAIRY PRODUCTS

- Low fat or nonfat yogurt/frozen yogurt
- String cheese (part-skim milk)
- Low fat cheeses
- Smoothies made with skim or low fat milk
- Low fat or skim milk
- Low fat chocolate milk



MEAT, FISH, POULTRY, DRY BEANS, EGGS & NUTS

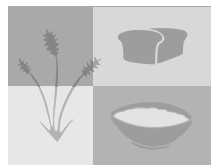
- Cashews
- Peanuts*
- Peanut butter*
- Sunflower seeds
- Bean dip
- Bean soup
- Bean salad
- Tuna
- Salmon
- Turkey
- Skinless chicken
- Hard-boiled eggs

*Some children may be allergic

BREAD, CEREAL, RICE & PASTA

- Whole grain crackers
- Rice cakes
- Fig bars
- Graham crackers
- Animal crackers
- Popcorn
- Pretzels
- Dry cereal (without added sugars)
- Whole wheat pita bread
- Mini whole grain bagels

Top grains with low fat spreads, low fat cheeses and jellies without added sugar



FRUITS

- Apples
- Bananas
- Oranges
- Grapes
- Strawberries
- Melon Chunks
- Pineapple
- Watermelon pieces
- Canned fruit packed in 100% juice
- Fruit Juice (100%)
- Dried Fruit

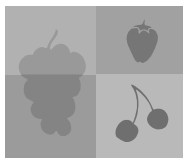


VEGETABLES

- VEGETABLE JUICE (100%)
- VEGETABLE SOUP
- BAKED WHITE AND SWEET POTATOES
- CARROT
- CUCUMBER
- GREEN PEPPER
- RED PEPPER
- CELERY
- TOMATO
- BROCCOLI
- ARTICHOKE
- ASPARAGUS
- SALADS

SERVE WITH LOW FAT DIPS AND DRESSINGS

SUPER SNACK IDEAS



BANANA MILK SHAKES

Need: blender, electric beater (or jar with a lid), plastic liquid and solid measuring cups, measuring spoons, 3-4 plastic zip lock bags, cups.

3-4 ripe bananas

3 cups milk

1 cup yogurt or ice cream

1 teaspoon vanilla

1 tablespoon honey (optional if using yogurt)

Let children help with each activity.

1. Peel each banana and place in a separate plastic bag. Seal well.
2. Pass around plastic bags and let children mash banana well with their hands.
3. Squeeze bananas out of plastic bags into blender, large bowl or large jar.
4. Measure other ingredients into container.
5. Blend or beat at high speed for 2-5 minutes as needed for thick milkshakes. Adult may shake well if using a large jar.
6. Pour 1/2 to 3/4 cup portions into cups as preschoolers desire. They may want to taste it first and then try more once they decide they like it. Serves 8.



MEXICAN BEAN DIP

1 15-oz. can dark red kidney beans

2 teaspoons chili powder (to taste)

2 teaspoons cumin (to taste)

Drain beans, reserving 2 tablespoons of liquid.

Place liquid in blender with drained beans and spices. Puree until smooth.

Serve with raw vegetables or tortilla chips.

SNACK ON A STICK

This snack is healthy and fun to make and eat, and it's easily portable whether you're eating a quick snack between activities, going on a picnic or packing a cooler.

- Meat, cooked, cold (leftover chicken, turkey, ham, beef)
- Cherry tomatoes or small tomato wedges
- Green peppers; cheese; olives; pickles

1. Cut meat, cheese, pepper, pickles and tomatoes into cubes or squares.
2. Spear ingredients onto skewers until skewers are filled. Vary the order of the meats, cheese and vegetables.
3. Change the kabob by adding anything that will stay on a skewer, such as raw cauliflower, carrot, fruit pieces or chunks of bread.

Bergen County Department of Health Services

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