

Snack

ideas for kids

Starches

flaxseed crackers
animal crackers
graham crackers
raisin toast

Fruit

grapes
clemintines
apple slices
banana slices

Toppings

jam/jelly
cream cheese
yogurt
honey
peanut butter

Drinks

milk
juice drink
fruit infused water
juiced fruits & veggies

Examples:

Flaxseed cracker with cream cheese & jam
Graham crackers dipped in mashed banana & honey
Apple slices with peanut butter & honey

BUILD YOUR OWN

TAKING SIMPLE INGREDIENTS, & COMBINING
THEM TO CREATE FUN, NEW IDEAS!