

## TODDLER/PRESCHOOL SNACK GUIDE

### Fresh Fruit & Vegetables

- Berries, Melon, Mango, Pear, Kiwi
- Banana, Apple
- Peeled oranges/mandarins
- Grapes (slice lengthwise for safety)
- Pineapple
- Cucumber sticks
- Broccoli, cauliflower, green beans, carrots, snap peas, jicama

### Optional Dips for Fruit

- Plain full-fat or low-fat yogurt
- Peanut butter/Sunbutter
- Low-fat cottage cheese
- Fresh whipped cream or whipped coconut cream
- Melted coconut butter

### Canned/Packaged Fruit & Veggies

- Canned or jarred fruit, unsweetened, packed in fruit juice (pineapple, pears)
- Fruit cups, unsweetened, packed in fruit juice (pears, peaches, mandarin oranges, pineapple)
- Unsweetened applesauce
- Raisins, dates
- Freeze dried fruit
- Frozen peas, corn (serve frozen- kids love it)

### Optional Dips for Veggies, Crackers

- Hummus
- Mild salsa
- Laughing Cow spreadable cheese wedges, or cream cheese
- Ranch dressing
- Black bean dip (blend 1 can black beans with salsa)
- Peanut butter/Sunbutter
- Guacamole

### Crackers & Packaged Snacks

- Whole grain crackers- triscuit, wasa, ak-mak
- Trail mix
- Rice cakes
- Mini bagels
- Plantain chips
- Crunchy chickpeas
- Seaweed Snax

### Other

- Cheese (slices, sticks, etc.)- mild cheese like mozzarella, Monterey Jack, Muenster
- Babybel cheese
- Olives
- Canned chickpeas
- Sliced hard boiled egg