



Be creative and design your own fun snacks!

Be sure that your child can chew and swallow nuts and skins of fruit before offering snacks of this type

### Spoon-a-Snack

- Applesauce
- Cottage cheese
- Yogurt
- Egg salad
- Tuna salad
- Carrot and raisin salad



### Crunch-a-Snack

- Cauliflower
- Pepper strips
- Radishes
- Bean sprouts
- Unsalted sunflower seeds
- Unsalted toasted pumpkin seeds
- Roasted soy beans
- Whole wheat crackers
- Unsweetened cereal



### Munch-a-Snack

- Apples
- Peaches
- Plums
- Grapes
- Strawberries
- Pears
- Apricots
- Cherries
- Oranges



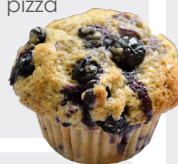
### Create-a-Snack

- Fruit and cheese kabobs
- Peanut butter rolled in lettuce leaves
- Celery stuffed with cream cheese
- Cucumber or zucchini rings with cottage cheese dip
- Deviled eggs
- Banana chunks rolled in wheat germ
- Tuna on rye crisp
- Refried beans on wheat tortillas



### Bake-a-Snack

- Vegetable or cheese pizza
- Fruit muffin
- Baked apple
- Tortilla and cheese



### Drink-a-Snack

- Milk
- Tomato juice
- Water
- Unsweetened fruit juice



### Slice-a-Snack

- Mushroom
- Carrot
- Pineapple
- Melon
- Cheese
- Cucumber
- Banana
- Watermelon
- Tomato

