

Sandwiches with lean meats or peanut butter

Crunchy vegetable sticks with low-fat ranch dip

Hummus & pita wedges

Sliced apple with small amount of sugar & cinnamon

String cheese sticks with apples

Low-fat yogurt with berries

Hard boiled eggs

Fruit smoothie with fruit, yogurt & ice

Melon cube with slice of turkey



**KIDS HEALTHY SNACK IDEAS**

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