



# SNACKS FOR KIDS

Snacking is important for children to help keep their small tummies full. Offer 2 to 3 small snacks each day to help keep them happy and healthy. Follow these **SMART** guidelines for healthy snacking.

## **S** Sit down and focus

Have a regular time and place for snacks. This allows children to focus on food and notice their feelings of hunger and fullness.

## **M** Make food groups count

Select a variety of foods from the food groups to make snacks into mini-meals for your child. The goal is for snacks to contain 2-3 of the 5 food groups.

## **A** Aim for proper portions

Offer snacks in small portions and if your child is still hungry, they can have more.

## **R** Rethink your drinks

If a child sips milk, juice or sweetened drinks throughout the day, they may not be hungry for meals. Encourage your child to drink water.

## **T** Time your snacks

Space snacks throughout the day. Limiting snacks about two hours before meals helps create a healthy appetite.

### Quick Snacks

- Yogurt
- Cereal
- Animal crackers
- Graham crackers
- Cheese
- Fresh fruit (bite-sized for small children)
- Hard-boiled eggs
- Toast
- Raw vegetables \*
- Popcorn \*
- Raisins \*

### Combo Snacks

- English muffin topped with spaghetti sauce and shredded cheese
- Toast topped with peanut butter and sliced bananas
- Yogurt with berries and small pieces of granola
- Half a sandwich with apple slices
- Cheese and whole grain crackers
- Celery topped with peanut butter and raisins \*
- Raw carrots with ranch dip \*

*\* For children over 3 years of age*

To learn more about WIC and locate a clinic near you, please visit [signupwic.com](https://www.signupwic.com).



WIC is an equal opportunity provider. Read the full statement concerning your civil rights at [www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs](https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs).

Idaho WIC Program • Form WIC 348 • 11/2021

Adapted with permission from materials provided by Minnesota WIC



IDAHO DEPARTMENT OF  
HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

