

Hy-Vee® Healthy Snacks for Kids

HealthMarket

FSTG multigrain tortilla chips
Beanitos chips
Wild Garden hummus
Harvest Snaps Snapea crisps
Applegate turkey pepperoni
Annie's bunnies snacks
Annie's cheddar squares
Annie's snack mix
Sun Butter
Justin's classic almond butter
Justin's almond butter with pretzels
Skinny Pop popcorn
Angie's Boom Chicka Pop popcorn
Go Go Squeez applesauce pouches
Veggie-Go's fruit and vegetable strips
Blue Diamond nut thins
Rawxies bars
That's It bars
Good Greens bars
KIND bars
KIND granola
Bare apple chips
Nots snacks
Kiddylicious fruit and vegetable crisps
Siggi's yogurt tubes

Bulk section:

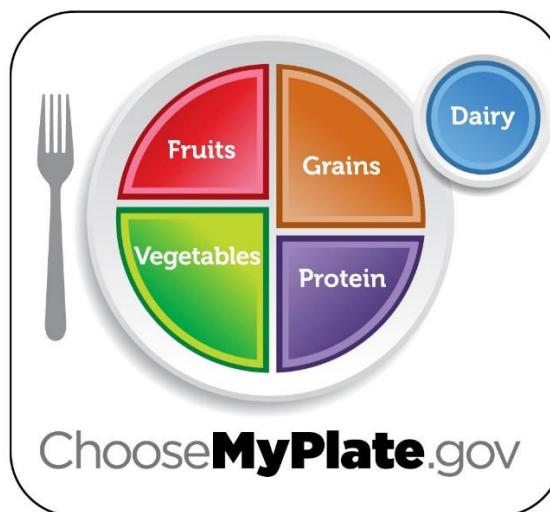
Sesame stix
Cranberry honey nut mix
Dried apricots
Dried goji berries

Grocery

Smucker's natural peanut butter (10)
Jiff natural peanut butter to-go cups (10)
Hy-Vee dried apricots and apples (11)
Hy-Vee raisins (11)
Hy-Vee raisin and nut trail mix (11)
Sun Maid dried peaches (11)
Sun Maid golden raisins (11)
Hy-Vee pistachios (11)
Blue Diamond 100-calorie almonds (11)
Pepperidge Farm goldfish (11)
Hy-Vee salsa (4)
Chicken of the Sea tuna salad to-go cups (2)

Dairy

Hy-Vee light string cheese
Babybel light cheese
Chobani simply 100 yogurt
Oikos triple zero yogurt



Nutrition Packed Snacks

A healthy snack includes at least one food from the MyPlate™ food groups – grains, vegetables, protein, fruit and dairy. Try these quick and easy, kid-approved recipes to make sure your little ones are getting all the nutrients they need to stay active, happy and healthy!

1. **ANTS ON A LOG:** Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins or dried cranberries.
2. **MINI PIZZA:** Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
3. **BANANA SPLIT:** Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal or granola.
4. **SNACK KABOBS:** Put cubes of low-fat cheese and grapes on pretzel sticks.
5. **EASY FRUIT PIZZA:** Spread vanilla Greek yogurt over a graham cracker and top it with cut fruit.
6. **CRITTER CRUNCH:** In a bowl, combine All-Bran wheat crackers, Cheerios, animal crackers, honey bear-shaped crackers, shredded wheat cereal, raisins and M&Ms.

(Adapted from the Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics)

Celery and Pepper Stoplight Snacks

All you need:

- Celery, cut into 3-inch pieces
- Light cream cheese or Laughing Cow cheese
- Red, yellow and green bell peppers, cut into circles* (frozen peas may also be used for the green light)
- Skewers (optional)



All you do:

1. Simply spread cream cheese or Laughing Cow cheese onto each 3-inch celery piece.
2. Arrange circles on the celery like a stoplight!
3. Poke a skewer into the bottom to allow it to stand up (optional).

*To cut circles out of the peppers, use a small, round cookie cutter or the backside of a metal frosting tip.