Healthy Snacks for Kids

**HealthMarket**
FSTG multigrain tortilla chips  
Beanitos chips  
Wild Garden hummus  
Harvest Snaps snap pea 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  
GoGo Squeeze 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

**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

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**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)*

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**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.

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