

# SMART SNACKS GUIDE

Pairings for children ages 6-10



## WITH MILK

- Milk + berries + whole grain cereal
- Warm milk + cocoa powder + cinnamon
- Chocolate milk + banana muffin
- Milk + nut butter + fruit  
*(blend to make smoothie)*

## WITH CHEESE

- String cheese + grapes
- sliced cheese + sliced cucumber
- String cheese + tortilla + salsa  
*(wrap and dip)*
- Cheese cubes + cherry tomatoes + pretzel sticks  
*(make kabob)*

## WITH YOGURT

- Yogurt + ranch seasoning + carrots
- yogurt + pumpkin puree + nutmeg/cinnamon + apple slices
- Yogurt + taco seasoning + black beans + whole-grain tortilla chips
- Yogurt + nut butter + celery  
*(mix into a dip)*



## COTTAGE CHEESE

- Cottage cheese + berries + granola
- Cottage cheese + toast + diced vegetables
- Cottage cheese + sliced pears + cinnamon
- Whipped cottage cheese + everything-bagel seasoning + pita crackers



## QUICK TIPS:

- Older kids need to eat 3 meals plus 1-2 snacks a day (depending on growth spurts/physical activity)
- Offer 1 serving from 2-3 different food groups to create a “smart snack” (whole grains, fruits, vegetables, low fat dairy and lean protein).
- Designate an “eating zone” at home and turn off screens.
- Include your child in choosing and preparing snacks.