

20 CHEAP HEALTHY SNACKS FOR KIDS

*Portion sizes will vary depending on the age, size, and appetite of your child.
You know your kid best!*

1. Baked Potato + Toppings
2. Apples + Peanut Butter
3. Yogurt + Frozen Berries or Fro-Yo Bark
4. Bowl of Whole-Grain Cereal
5. Hard-Boiled Egg
6. Oatmeal or Oat-Based Snack Bars or Bites
7. Tuna Melt on Crackers or Rice Cake
8. Homemade Corn Tortilla Chips + Salsa
9. Fruit Smoothie w/ Banana, Canned Pineapple, Spinach
10. Shredded Carrot Salad
11. Roasted Chickpeas
12. Peanuts + Chocolate Chips
13. Healthy Vanilla Shake (milk + frozen banana + vanilla + maple syrup)
14. Cottage Cheese + Fruit
15. Toast w/ Nut or Seed butter + Sliced Strawberries
16. Frozen Grapes
17. Popcorn
18. Celery + Peanut Butter
19. Quesadilla with Refried Beans + Cheese
20. Homemade Hummus w/ Cucumbers and Baby Carrots