

# Quick & Easy Nutritious Snack Ideas

Feeding your child nutritious foods gives them a burst of energy that helps them grow up healthy too. That's why First 5 XX County encourages parents and caregivers to replace candy and sweets with equally tasty, but healthier treats. In honor of National Nutrition Month, here are some tips for fun, quick snacks the whole family can enjoy!

## Ants On A Log

- 2 celery sticks
- 6 tbsp. peanut butter
- 2 tbsp. raisins



With your child, wash the celery and spread peanut butter in its wedge. Top off with raisins and enjoy your "ants on a log!"

## Face Sandwiches



- Whole wheat bread
- Cream cheese or peanut butter
- Variety of your child's favorite vegetables

Have your child choose cream cheese or peanut butter to spread on a slice of whole wheat bread. Let him or her make a "face" out of the vegetables (e.g. a tomato slice cut in half for ears, sprouts for hair, etc.).

## Fruit n' Yogurt

- 1 cup vanilla Yogurt
- 1/4 cup sliced strawberries
- 1/4 cup blueberries
- 3 tbsp. granola



Help your child layer yogurt and fruit in tall clear glass; top with granola.

- LOGO -

For more information on healthy eating, please contact First 5 XX County at (XXX) XXX-XXXX or visit [www.xx.org](http://www.xx.org).