

20 Healthy Snack Ideas for Kids

Snacks help provide nutrients and energy your child needs. Use NuVal to help make healthy choices for your kids' snacks. Here are some quick and easy snack ideas:

1. Whole Wheat Crackers and Toppings

Try sliced low fat cheese, low fat cream cheese, tuna salad or peanut butter.

2. Celery and/or Carrots with Dip

Popular dips among kids may include low fat ranch, hummus, creamy low fat Italian dressing, bean dip, and low fat cream cheese. Try other raw vegetables too, like mini cucumbers, zucchini, and bell pepper slices.

3. Fruit Kabob

Different varieties of melon cut into chunks, whole strawberries and pineapple wedges are fun and colorful. Use rounded toothpicks to let kids make their own kabobs or mix several fruits together to make a quick fruit salad.

4. Apple Peanut Butter Pizza

Use an apple slicer or cut into slices with a knife and sprinkle with a little lemon juice to keep them from turning brown. Spread peanut butter on each slice. Sprinkle with low fat granola and dried cranberries.

5. Tortilla Roll Ups and Pinwheels

Use a layer of low fat cream cheese, creamy low fat dressing, hummus or mashed avocado and a slice or two of turkey, ham or roast beef with various vegetables like baby spinach, shredded lettuce, sliced tomato, thinly sliced cucumber, matchstick carrots, roll up and eat. Mix mashed canned white beans, mashed avocado, shredded reduced-fat sharp cheddar cheese and spread mixture on whole wheat tortilla and top with shredded red cabbage and matchstick carrots, roll up then slice into 1" pieces to make pinwheels.

6. Trail Mix

Make your own by mixing together peanuts, dried fruit, whole grain cereal or low fat granola, and mini pretzels.

7. Granola and Yogurt

Low fat granola makes a great snack on its own, but it's also very tasty when you stir it into a container of yogurt.

8. Cheese Sticks

String cheese is very popular with kids. You can find reduced-fat colby sticks, mozzarella and reduced-fat cheddar sticks. Cut your own sticks from any of your favorite reduced-fat cheeses!

9. Rice Cakes

Serve plain or spread with peanut butter. Rice cakes come in many varieties and flavors.



Look for NuVal

The NuVal nutrition scoring system considers over 30 nutrients and boils it all down into one simple number you can trust to help you choose healthier food. Scores range from 1-100, higher numbers are more nutritious foods.

The NuVal scores can be found on Meijer shelf price tags on store brand and national brand products and can be used to compare foods within similar food groups.

"Trade up" foods to get a higher score at your next meal or snack; for example, trade up your regular pretzel sticks (NuVal score: 5) for Meijer Honey Wheat Pretzel Braids (NuVal score: 12).

Check out
"Easy Meals for Healthy Kids"
for tips and recipes at
meijermealbox.com/healthykids

10. Pretzel Sticks and Cheese

Cut your child's favorite cheeses into cubes and give them pretzel sticks to pick them up with. Safer than toothpicks and edible too.

11. Popcorn

Make the light butter or unbuttered kind and sprinkle with parmesan cheese while it's still hot. Try chili powder or curry powder to spice it up!

12. Cheese Quesadillas

Spread shredded reduced-fat Monterey jack or reduced-fat cheddar cheese on a whole wheat tortilla. Top with another tortilla. Heat in the microwave until cheese is melted. For younger kids with smaller appetites, use only one tortilla, layer half of it with low fat cheese, fold over and heat.

13. Mini Pizzas

Spread tomato paste or spaghetti sauce onto a toasted whole wheat English muffin, sprinkle with shredded mozzarella cheese and any other toppings like sliced mushrooms, sliced bell peppers or turkey sausage. Heat in the broiler for a minute or two until the cheese is bubbly.

14. Quick Breads and Muffins

Best when made from scratch. Use white whole wheat flour for muffins and quick breads and add banana, no sugar added applesauce, blueberries or shredded zucchini to the mix.

15. Smoothies

A great way to sneak in extra dairy and fruit. Pour 1 cup of reduced-fat milk into a blender, add frozen fruit and an 8 ounce container of yogurt, blend until smooth. Mix and match flavors, try frozen pineapple and vanilla yogurt, frozen strawberries and banana yogurt, or frozen cherries and cherry yogurt.

16. Bagels, Toast, English Muffins

Spread whole wheat bagels with different flavored low fat cream cheese and cut into bite sized wedges. Toast a whole wheat English muffin and spread with peanut butter and jelly or layer with a slice of low fat cheese.

17. Whole Grain Cereal

You don't have to limit a bowl of cereal to breakfast, this makes a fun and different snack for hungry kids as well. Put cereal in a resealable bag or snack container.

18. Yogurt

Keep a variety of flavored yogurts that are in squeezable and drinkable containers. Freeze yogurt in Popsicle containers or small paper cups with a Popsicle stick placed in the middle.

19. Bananas and Peanut Butter

Slice a banana lengthwise down the middle. Spread each slice with peanut butter. Cut into bite size pieces and serve with round toothpicks.

20. Parfaits

Layer fresh cut up fruit with yogurt and a little granola. Your kids will think they are getting dessert!