

Healthy Snack Ideas

When made available, healthy foods become the easy choice for snacking. Healthy, affordable, and fast options are listed below.

Fruits and Veggies

- ♥ Apple slices (try it with peanut butter!)
- ♥ Bananas
- ♥ Box of raisins
- ♥ Melon balls
- ♥ Applesauce
- ♥ Carrots or cucumbers with dip
- ♥ Celery sticks with peanut butter
- ♥ Strawberries, blueberries
- ♥ Orange sections
- ♥ Sliced colored peppers
- ♥ Frozen grapes or pineapple chunks
- ♥ Cherry tomatoes



Drinks

- ♥ Water
- ♥ Seltzer for a zing!
- ♥ Add sliced lemon, orange, or lime to water for a hint of flavor!
- ♥ Low-fat or skim milk
- ♥ Low-fat yogurt smoothie



Whole grains

(look for “whole” on the label!)

- ♥ Granola bars (avoid candy-type bars such as those with a lot of chocolate, caramel, etc.)
- ♥ Pretzels and crackers (try dipping with hummus or peanut butter)
- ♥ Cereal
- ♥ Popcorn
- ♥ Rice cakes or whole grain waffles with peanut butter
- ♥ Graham crackers or animal crackers



Dairy

- ♥ Low-fat yogurt
- ♥ String cheese
- ♥ Low-fat or skim milk
- ♥ Cottage cheese (add fruit for more flavor!)

Try cutting fruits, veggies, and even cheeses into fun shapes to make eating healthy snacks more fun!



Source: Adapted from the Maine Center for Public Health Keep Me Healthy project.

