

HEALTHY SNACK IDEAS

healthy
snacks
help
kids
grow!

Dear Families,

As a part of our efforts towards health and wellness, we encourage you to provide healthy snacks each day. Children need healthy snacks to help them grow, develop, and be ready to learn. We want your children to be the healthiest they can be!

Here are some healthy snack ideas to fuel your kiddos:

- **Turkey Roll-Up:** Sliced turkey rolled up with cheese
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks
- **Ants on a Log:** Celery filled with nut butter or hummus and topped with raisins
- **Cottage Cheese or Yogurt with Fruit and/or Granola:**
Try using fresh grapes, frozen berries, or canned peaches or pineapple
- **Crackers with Nut Butter or Hummus**
- **String Cheese**
- **Veggies and Dip**

Our efforts are supported by Let's Go!, a program at The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Let's Go! encourages families to adopt the 5-2-1-0 message:



For more information about Let's Go!, visit lets-go.org. Thank you for joining us in our commitment to healthy kids!

Sincerely,