Module 2
Snack ideas (choose from at least 2 groups)

1. Protein:
Boiled egg
Omelet strips
Egg muffins
Smoked salmon
Canned fish or seafood (tuna, salmon, sardines, clams, etc)
Slices of ham, rolled upSlices of cooked chicken with ketchup or another dip
Mozzarella cheese sticks
Mozzarella mini balls
Cubes of cheddar cheese
Cubes of feta cheese
Yogurt
Kefir
Milk
Hummus
Baked beans
Roasted chickpeas
Canned beans, rinsed and seasoned with a little olive oil and lemon juice
Black bean dip
Ripple milk alternative
Nut butter or nut-free WOW or sun butter for dipping or spreading on bread
Any nuts (cut in small pieces for kids under
Edamame

2. Starch:
Slices of bread
Bread sticks
Crackers
Corn chips
Pretzels
Bagels
Popcorn
Rice cake
Cheerios

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3. Fruit:

Strawberries
Raspberries
Watermelon cubes
Cherries
Banana
Clementine
Slices of oranges
Figs wedges
Melon cubes
Plums
Kiwi slices
Mango cubes
Grapes (cut in half alongside)
Papaya cubes
Passionfruit
Persimmon slices
Pomegranate
Smoothie – freshly made or in packets
Juice – freshly made or in packets
Blueberries
Apples
Pears
Peaches
Raisins
Dry prunes
Dry apricots
Dates
Dry figs
Dry mango
Dry cherries

4. Vegetables

Cherry tomato
Avocado cubes or mashed
Gazpacho – cold tomato soup, freshly made or in packets
Cucumbers
Frozen corn, cooked
Frozen green peas, cooked
Seaweed snacks
Olives
Celery sticks
Carrot sticks
Belgian Endive
Bell pepper wedges
Edamame
Jicama sticks
Raw mushrooms, sliced
Radishes
Sugar snap peas

5. Treats and other foods

Granola bars
Potato chips
Nutella or other chocolate spread Cookies
Candy
Chocolate
Sweetened yogurt tubes
Granola bites
Fruit snacks
Muffins, banana bread

Easy snack combos:

Trail mix (dry fruit, pretzels, chocolate, and nuts)
Hummus+carrots+bread sticks
Yogurt parfait (yoghurt+fruit+granola)
Banana cut in half alongside and smeared with nut butter
Toast topped with smashed avocado
Muffins + milk
Rice cake sandwich with Nutella and sliced strawberries
Bagel with smoked salmon and smashed avocado + fruit