SNACKS TO FUEL Your Brain

Everyone is hungry and time is limited. Try some of these quick snacks that require little prep time!

- **Veggies and Dip:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.

- **Vegetable Sticks with Spread:** Celery or carrot sticks topped with nut butter or cream cheese (add some raisins to make ‘ants on a log’!)

- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.

- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.

- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.

- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.

- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.

- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead.

- **Taco Roll-Up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.

- **Turkey Roll-Up:** Turkey slice rolled up with cheese.

- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.

continued
For even quicker snacks, try these!

- **Whole Fruit**: Grapes, apples, bananas, etc.

- **Fruit Salad**: Store-bought fresh fruit, unsweetened canned fruit, or snack cup.

- **Frozen Fruit**: Berries, mango, you can even freeze grapes.

- **Dried Fruit**: Look for unsweetened varieties and keep it to a handful.

- **Apple Sauce**: Unsweetened.

- **Nuts**: Such as almonds, walnuts, cashews, or mixed nuts; keep it to a handful.

- **Cheese**: One string cheese or 2 slices of cheese.

- **Granola/Fruit Bar**: Look for whole grain bars that are low in sugar.

- **Cereal**: Choose whole grain cereals like Cheerios, Multigrain Chex, and Shredded Wheat.

- **Trail Mix**: Made with nuts, seeds, granola, and/or dried fruit; keep it to a handful.

- **Popcorn**: 2-3 cups popped.

- **Fruit Smoothies**: Store-bought or homemade with fresh or frozen fruit and milk or yogurt.

- **Pretzels**: A handful served with a spoonful of hummus or nut butter.

**Let’s not forget about beverages.** Reach for some of the suggestions below the next time you provide beverages!

- **Water**

- **Milk**

- **Seltzer water** with a splash of 100% fruit juice

**Try making yummy infused water**

Just add fruit (think berries, melons, citrus fruit, kiwi, etc.) and/or vegetables (like cucumber, celery or carrot), and/or fresh herb leaves (like thyme, mint, cilantro, or parsley). Mix and match and let it sit a few hours in the fridge to let the flavors infuse.