Kids are often hungry for snacks after school and throughout the day. Here are some examples of healthier snacks that will fuel their energy, not drain it away.

**SERVE THIS:**

- ✓ Popcorn
- ✓ Whole grain crackers
- ✓ Whole wheat pita
- ✓ Dried fruit
- ✓ Yogurt
- ✓ Trail mix
- ✓ Fruit smoothie

**INSTEAD OF:**

- ✗ Goldfish
- ✗ Ritz crackers
- ✗ Pretzels
- ✗ Fruit snacks
- ✗ Pudding
- ✗ Chex mix
- ✗ Ice cream

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Engage + Assess Environment + Create Plan + Implement + Complete Survey

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LET’S GO!

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45 Resources