

## Help Children Eat Healthy Snacks Pledge

Thank you for joining us in helping children choose healthier snacks!  
Here are some snack tips and ideas to help children choose healthier snacks.

Prepare snack size portions ahead of time so they are easy to grab on the go.

Try to have two food groups combined to make a healthy snack.

Different foods have different nutrients. Vary the snacks so your child is getting a variety of vitamins and minerals.

Choose snacks from these groups fruits, vegetables, whole grains, and legumes

### Chef Solus Favorite Snacks

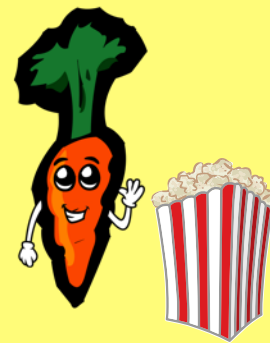
Almonds mixed with dried fruit

Chopped raw vegetables and dip

Chunks of avocado, cucumber, or cooked sweet potato

Breadsticks or pita chips with hummus

Pretzels or popcorn



Tortilla chips with bean dip

Toasted whole grain breads or crackers with fruit spread or nut butters

Graham crackers or gingersnaps dipped in applesauce

Mini rice cakes with peanut butter

Apple slices with hazelnut butter

Fresh fruits

Dried fruits, especially raisins

Frozen bananas blended with a little non-dairy milk

Applesauce or other fruit cups

Soy yogurt

Ramen soup with added vegetables

Tofu hot dogs

