For Children Over 4 Years Old

RECIPES

HEALTHY SNACKS A–Z

ANTS ON A LOG

Ingredients:
- 2 Celery Sticks
- 2 Tablespoons Peanut Butter
- Raisins

Directions:
1. Spread peanut butter on each celery stick.
2. Top with raisins and EAT'EM UP!

INSIDE OUT SANDWICHES

Ingredients:
- 1 Slice of Whole Wheat Bread
- 2 Slices of Cheese

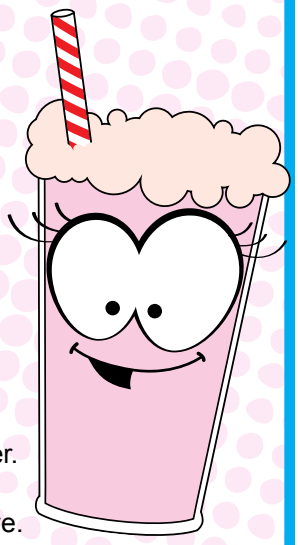
Directions:
1. Take the slice of wheat bread and place the cheese on each side.
2. Enjoy!

ULTIMATE SANDWICHES

Ingredients:
- 2 Slices of Whole Wheat Bread
- Peanut Butter or low-fat Cream Cheese
- Bananas
- Dried Cranberries

Directions:
1. Spread peanut butter or low-fat cream cheese onto one slice of bread.
2. Thinly slice bananas and layer onto the bread.
3. Add dried cranberries and top with the other slice of bread.
4. Slice into quarters and serve.

SMOOTHIES



Ingredients:
- 1/2 cup of fruit (such as peaches, strawberries, blueberries, pineapple or mango)
- 1 container of fat-free or low-fat vanilla yogurt
- 1/2 cup fat-free milk

Directions:
1. Peel fruit, if needed, and cut into small pieces.
2. Place all ingredients into a blender.
3. Blend together until smooth.
4. Pour into a chilled glass and serve.

NUTTY FRUIT WRAPS

Ingredients:
- 1 Whole Wheat Tortilla
- 1 Tablespoon Peanut Butter
- Sliced Apples
- Sliced Bananas
- Shredded Carrots
- Raisins

Directions:
1. Spread the peanut butter onto your tortilla.
2. Top with your choice of apples, bananas, carrots and/or raisins.
3. Roll it up and eat!

X-CHANGE SNACKS

Exchange a high calorie candy bar for a chocolate covered, frozen banana or a low-fat granola bar.

D H E C
PROMOTE PROTECT PROSPER
South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

ML-025334 12/15

For Children Over 4 Years Old

HEALTHY SNACKS

KNOW YOUR ALPHABET OF SNACKS

A–Z

Aa
Ants on a Log*
Applesauce
Apricots
Avocados

Bb
Baby Carrots
Bananas
Blueberries
Broccoli "Trees"

Cc
Cantaloupe
Cheese
Cherries
Crackers

Dd
Deviled Eggs
Dried Fruit
Dry Cereal
Dragonfruit

Ee
Edamame
Eggs (Sliced, Hardboiled)
English Muffins

Ff
Figs
French Green Beans
Fruit Salad

Gg
Graham Crackers
Grape Halves
Guacamole
Granola Bars

Hh
Honeydew Melon
Hummus

Ii
Ice Pops (Made with 100% Juice)
Inside Out Sandwiches*

Jj
Jack-O-Lantern Seeds (Pumpkin Seeds)

Kk
Kabobs of Fruit
Kiwi

Ll
"Little" Sandwiches
Low-Fat 1% Milk

Mm
Mandarin Oranges
Mangoes
Melon
Multigrain Waffles

Nn
Nectarines
Nuts/Nut Butters
Nutty Fruit Wraps*

Oo
Oatmeal
Oranges

Pp
Pears
Pineapple
Plums
Pretzels/Popcorn

Qq
Quicksand (Hummus)

Rr
Raisins
Raspberries
Red Bell Pepper

Ss
Smoothies*
Sugar Snap Peas
Strawberries
String Cheese

Tt
Tangerines
Trail Mix
Tortilla Chips (Baked)

Uu
Ugli Fruit
Ultimate Sandwiches*

Vv
Vegetable Soup
Veggie Wraps
Vanilla Wafers

Ww
Watermelon
Whole-Wheat English Muffins

Xx
X-Change Snacks*

Yy
Yogurt (Low-Fat or Fat-Free)
Yellow Squash

Zz
Zucchini Strips
Zucchini Bread

** Recipes on back*