Healthy Alternatives: Snacks Kids Will Love!

Easy swaps for the unhealthy sweets at class celebrations and birthdays:

Do-It-Yourself:

Rainbow fruit kebobs are fun, delicious and easy:

![Rainbow fruit kebobs](image1)

Banana sunbutter dog bites are a hit with kids:

![Banana sunbutter dog bites](image2)

Healthy and fun: Veggie dippers:

![Veggie dippers](image3)

Whole wheat strawberry muffins:

![Whole wheat strawberry muffins](image4)

Grab-It-And-Go:

- whole grain tortilla chips
- Kind bars and other minimally processed bars such as Larabars and Raw Crunch bars
- dried fruit (without sugar added)
- air popped popcorn
- whole grain pretzels
- boxes of raisins
- whole grain fig cookies
- unsweetened apple sauce cups
- apple chips
- clementines
- guacamole and salsa dips for veggies and whole wheat tortillas
- healthy trail mix
- natural fruit leathers (fruit as the only ingredient)
- carrots and hummus
- dried seaweed snacks
- sunflower or pumpkin seeds