



## PANTRY SNACKS

Granola bars  
Popcorn  
Mini Muffins  
Fruit leather  
Canned Fruit  
Dried Fruit  
Fresh Fruit  
Rice Cakes  
Bagels  
Trail Mix  
Pita Bread  
Pretzels  
Graham Crackers  
Goldfish  
Applesauce  
Nuts

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for more ideas visit [www.superhealthykids.com](http://www.superhealthykids.com)



## FRIDGE SNACKS

String Cheese  
Yogurt  
Smoothies  
Fruit  
Cheese  
Cottage cheese  
Fruit salad  
Frozen Fruit Popsicles  
Dips  
Hard boiled egg  
Carrots  
Broccoli  
Celery

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