

Product: MG19432 HEALTHY SNACKS

Product Size (H x W): 3.5" x 6"

Imprint Area: 0.70" x 5.75"

- Blue Dashed Lines indicate the bleed allowance.
- Orange Solid Lines indicate the die cut area.
- - - Yellow Dashed Lines indicate maximum imprint area for graphics and text that does not bleed.



Healthy Snacks for Kids

Try These:

- Quesadilla with low-fat cheese
- Toasted banana bread with low-fat milk
- Pancakes with applesauce
- Smoothie with animal crackers
- Rice cake with applesauce
- Cheese slice with fruit cup
- Pudding with cereal

Kids Need SNACKS!

When?

- Plan snacks as part of a child's daily food plan.
- Time snacks carefully – 2-3 hours before the next meal.
- Kids need to eat 3 meals + 2-3 snacks each day at regular times, such as midmorning and midafternoon.
- Turn off the TV and let kids focus on snack time.

Snack Tips:

- Serve a variety of snacks from all 5 food groups of MyPyramid.
- Serve snacks from at least 2 different food groups each time.
- Keep fresh fruit and vegetables washed and cut.
- Have healthy food on hand in a special "snack spot".
- Keep portion sizes "snack" size, not meal size.