

Delaware Cooperative Preschool Healthy Snack Suggestion list

This is simply a suggestion list to get you started in thinking of healthy and preschool friendly snacks! You can of course come up with your own ideas, but just in case you get stumped, here are some tried and true ideas for you!

Whole Food Snacks:

- Apple slices
- Cut grapes
- Clementines
- Bananas
- Baby carrots w/hummus or ranch dip
- Ants on a log (celery with cream cheese or peanut butter and raisins)
- Blueberries
- Strawberries
- Melon (please remove rind & cut into bite sized pieces)
- Grape tomatoes (cut) w/ ranch dip
- Applesauce pre-portioned in pouch or cups
- Raisins
- Fruit leather
- Cheese sticks
- Pretzels
- Cheese crackers
- Simple granola bars
- Blueberry muffins
- Pumpkin or zucchini bread
- Graham crackers
- Trail mix
- Yogurt with fruit

Have an idea to add?? Go ahead!

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Peanut & Dairy Free Snacks:

We do have some allergies in both the preschool and toddler time classes this year. If you are bringing store bought items, PLEASE READ the allergen labels for both dairy/milk and peanuts! When making homemade items, please be sure to check each ingredient for milk or peanuts.

- Apple slices
- Cut grapes
- Clementines
- Bananas
- Baby carrots with hummus
- Ants on a log with Sunbutter and raisins
- Blueberries
- Strawberries
- Melon (please remove rind & cut into bite sized pieces)
- Edamame
- Grape tomatoes with hummus
- Applesauce pre-portioned in pouches or cups
- Raisins (plain)
- Fruit leather
- Homemade trail mix (Chex cereal, cheerios, dried fruit, dairy free chocolate chips, etc.)
- Graham crackers (please check label & bring box if possible)
- Allergen-free blueberry muffins (<http://www.foodallergymama.com/2009/02/27/dairy-egg-and-nut-free-blueberry-muffins/>)
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PLEASE do not bring candy or sweet treats for snack, even for birthday events. Consider bringing your child's favorite fruit or let them help make a special trail mix on their birthday.