



KIDS FOOD IDEAS

SNACK IDEAS MY KIDS LIKE

<input type="checkbox"/>	Melba toast with cream cheese
<input type="checkbox"/>	Seasonal fruits (<i>Grapes, Banana, Apples, Cherry, Strawberries</i>)
<input type="checkbox"/>	Yogurt <i>you can even add their favorite fruit into</i>
<input type="checkbox"/>	Sachets
<input type="checkbox"/>	Crackers and Cheese with Apples
<input type="checkbox"/>	homemade or bought Muffins <i>if your kids like them chocolate chip, banana, oatmeal, blueberry some of my kids favorite</i>
<input type="checkbox"/>	Jello
<input type="checkbox"/>	Smoothies <i>made with frozen or fresh fruit, yogurt or fruit juice</i>
<input type="checkbox"/>	Carrots, cucumbers and dip <i>or their favorite veggies</i>
<input type="checkbox"/>	Chocolate chip cookies or a mini ice cream on a mini cone <i>as a none healthier snack but always fun</i>
<input type="checkbox"/>	Fishies, cheese sticks, small bag of regular chips <i>again not the healthiest but small amounts are not bad</i>

When coming up with snacks sometimes you think HEALTHY HEALTHY HEALTHY, one thing a balance is always good to have and small amounts are not as bad as you think. Here is a short list, there are many other snacks that can be done and I am sure all kids are different with their choice of snacks.