

Toddler Snack Ideas

Fresh Fruits:

- banana
- apple
- pear
- kiwi
- clementine
- orange
- strawberries
- blueberries
- raspberries
- blackberries
- grapes
- pineapple
- watermelon
- cantaloup
- melon
- honeydew
- papaya
- avocado
- cherry tomatoes

Dried Fruit:

- dates
- raisins
- cranberries

Vegetables:

- broccoli
- pickles
- carrots
- peas
- sweet mini peppers

Dairy / Protein:

- hummus
- cheese
- greek yogurt
- boiled eggs
- tuna
- peanut butter / nut-free butter

Grains:

- corn tortillas
- whole-grain dry cereal
- whole-grain crackers
- whole-grain bread
- mini muffins
- snack bars
- oat cookies

Other Snacks:

- smoothies
- fruit pouches
- vegetable pouches
- veggie sticks

- ★ you can pair up two items from different categories to keep things balanced
- ★ offer likes and dislikes
- ★ consider using leftovers