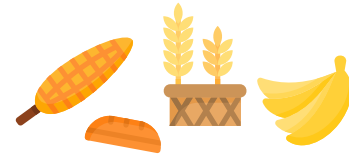


# Healthy Snacks Kids Can Prepare at Home

Are the kids in your family creative and curious? Get cooking! Preparing meals and snacks helps young people learn about nutrition, explore connections between food and culture, and build everyday math skills.<sup>1</sup> Try these kid-friendly snack ideas with your family.



Fresh, frozen, and canned fruits and vegetables are delicious sources of potassium, vitamin C, vitamin A, folate, fiber, and more!<sup>2</sup>



Lean meats like turkey and chicken, tofu, tempeh, nuts, whole grains, and beans are high in protein as well as iron, calcium, and other nutrients.<sup>2</sup>

## Veggie Dippers

Dip carrots, celery sticks, and sliced cucumbers in nut or seed butter, plain yogurt (dairy or nondairy), or hummus!

## Fun Fruit Salad

Cut sliced fruit, like apple, banana, or melon with a small “cookie cutter” in your favorite shape.

## Garden Gimbap Rolls

Wrap canned or pre-cooked vegetables in roasted seaweed sheets with a pinch of sesame seeds.

## Crunchy Chamoy Treats

Drizzle chamoy over sliced mango or pineapple and sprinkle with unsalted sunflower or pumpkin seeds.

## Three Sisters Quesadillas

Native American farmers teach us that Three Sisters — corn, beans, and squash — help each other grow in harmony.<sup>3</sup> Try all three in a quesadilla!

## Mini Quick Kabobs

Skewer cubed tofu or cooked lean meat, cheese, and vegetables on toothpicks.

## Leftovers Lettuce Cups

Fill a lettuce leaf with leftover tofu, beans, or lean meat. Top with salsa, low-fat cheese, kimchi, or your favorite sauce.

## Nut Butter Bites

Top whole-grain crackers or a sliced banana with about a tablespoon of peanut butter, sunflower butter, or tahini.

New to preparing food with young people? Check out these [tips for cooking with kids and teens](#) for expert advice on making healthy cooking fun, accessible, well-portioned, and inclusive for each family member.

<sup>1</sup>Nemours. Kids Health. (2021). Cooking with Kids (for Parents). Retrieved from: <https://kidshealth.org/en/parents/kids-cook.html>.

<sup>2</sup>U.S. Department of Agriculture. (2020). MyPlate. Retrieved from: <https://www.myplate.gov>.

<sup>3</sup>U.S. Department of Agriculture. National Agricultural Library. The Three Sisters of Indigenous American Agriculture. Retrieved from: <https://www.nal.usda.gov/collections/stories/three-sisters>.