

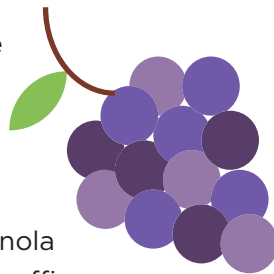
Simple but healthy snack ideas for active kids



Carbohydrate foods

NON-PERISHABLE

- fresh and dried fruit
- unsweetened apple sauce
- fruit cups
- crackers
- whole-grain granola bar
- dry whole-grain cereal
- low-fat or homemade granola
- low-fat banana bread or muffin
- whole-wheat English muffin
- raw veggies (snap peas, cucumber coins, sliced bell peppers)



PERISHABLE

- frozen fruit
- yogurt
- milk
- toast
- whole-grain pita or wrap
- oatmeal
- leftover whole-wheat pancakes or waffles



Proteins & healthy fats

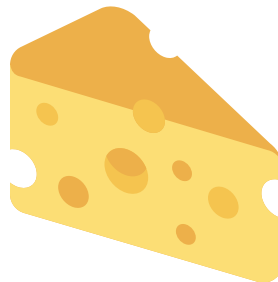
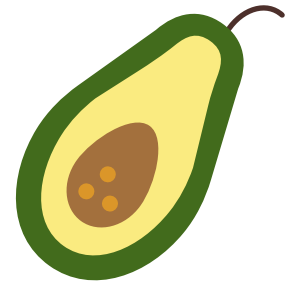
NON-PERISHABLE

- snack-pack tuna
- pumpkin seeds
- mixed unsalted nuts
- peanut or other nut butter
- trail mix with nuts, dried fruit, and chocolate chips



PERISHABLE

- cottage cheese
- hummus
- Greek yogurt
- cheese
- hard-boiled egg
- edamame
- roasted chickpeas



Homemade kid-friendly snacks can be simple, fast, and nutritious! Find more information about fuelling your young athlete at [activeforlife.com](https://www.activeforlife.com)