



# Nutrition for Early Learning and Child Care

## Choose Better Convenience Foods

*If you have limited kitchen space or equipment, or limited time, try these fast food snacks. Consider combining two or three choices for a more complete snack or small meal.*

- Fresh, pre-washed and cut vegetables (ex. mini carrots, snap peas, mini cucumbers)
- Fresh fruit (ex. small banana or pear, berries)
- Frozen fruit or vegetables (ex. thawed frozen raspberries, blueberries, green peas or edamame)
- Unsweetened fruit cups (ex. apple sauce or peach slices)
- Whole grain crackers
- Unsweetened, whole grain breakfast cereal (dry or with milk)
- Whole grain rice cakes
- Packaged cheese sticks
- Yogurt in a tube or a small tub
- Small milk carton or milk in an insulated container
- Yogurt drink
- Sunflower, pumpkin or hemp seeds
- Roasted chick peas or soy beans
- Hummus

*\*be sure to follow allergy and choking guidelines*