



Nutrition for Early Learning and Child Care

Simple Snacks for Busy Kitchens

If you're in a rush and have little kitchen space or equipment, you could whip these simple snacks up in a hurry.

1. Bagel Bites: toast (if desired) and cut whole grain bagels into 8 pieces and serve with options for toppings (ie. banana slices, cream cheese, Sunbutter (a sunflower seed spread) or Wow Butter (a soybean spread), jam, etc.). Serve with canned or fresh fruit salad.
2. Yogurt Parfait: layer yogurt, whole grain breakfast cereal and fruit of your choice (thawed frozen fruit or canned fruit works well)
3. Coleslaw: mixed pre-packed coleslaw mix with sunflower seeds (optional), salad dressing of your choice and serve with whole grain crackers
4. Spread Sunbutter or Wow Butter on rice cakes (any flavor you choose) and serve with options for toppings (ie. berries, banana or apple slices, chocolate chips, unsweetened coconut, etc.)
5. Yogurt Bark: mix yogurt (any kind) with fresh, frozen or drained canned fruit. Spread on baking sheet and freeze. Once frozen, break into pieces
6. Edamame beans: warm frozen edamame and sprinkle with a little salt. Serve with whole wheat pita wedges and carrot sticks (caution: choking hazard for children under 4 years old)
7. Quick Nachos: sprinkle whole grain tortilla chips with shredded cheese and melt in oven or microwave. Serve with salsa and bell pepper slices
8. Slow Cooker Rice or Quinoa Pudding (see our website for recipe) and apple slices
9. Bean Dip (see our website for recipe) with whole grain tortilla chips or crackers and carrot sticks
10. Pop-it Quick Popcorn: put $\frac{1}{4}$ cup kernels into brown paper lunch bag, fold top over twice and microwave approximately 1 $\frac{1}{2}$ minutes. Serve popcorn with a vegetable or fruit (caution: choking hazard for children under 4 years old)
11. Easy Vegetable Soup: in a large pot, mix together 1 L low-sodium soup broth, 2 cups water, 1 can low-sodium diced tomatoes, 2 cups frozen mixed vegetables, $\frac{1}{2}$ cup red split lentils and $\frac{1}{2}$ cup small shaped pasta. Bring to a boil and cook until lentils and pasta are cooked.
12. Roll-Ups: spread cream cheese, hummus, Sunbutter or Wow Butter on tortilla and roll up with desired fillings (ie. cucumbers, peppers, tomatoes, bananas, berries, chocolate chips, etc.) (see our website for recipe)

Keep in mind children's eating ability, potential choking hazards and food allergies when planning snacks