



7 Kid-Friendly Snacks

1. English muffin, bagel, or tortilla baked with sauce and cheese
- Pizza Bites! Pair with carrot slices or chopped broccoli.
2. Flour Tortillas stuffed with scrambled eggs, cheese and veggies.
3. Pancakes topped with yogurt, bananas and strawberries.
4. Yogurt layered with chopped fruit and crushed graham crackers.
5. Popcorn sprinkled with curry powder and ground black pepper.
6. Toasted tortilla triangles topped with chopped tomato salsa. Add some dairy with a dollop of sour cream.
7. Sliced apples dipped in yogurt spiced with cinnamon and honey.

Cooking Tips

Having key ingredients on hand like tortillas, cheese, and apples can make it easy for kids to assemble on their own.

Make fun snack packs which give kids variety and allows creativity with foods.

Include the colors of the rainbow in every snack pack!

For recipes and nutrition information, visit capitalareafoodbank.org/recipes



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