



Smart SNACKING

Make Snacks Count For You And Your Family.

What you eat between meals matters more than you think. Snacking is on the rise and when done right can help meet nutrient needs and provide energy to get to the next meal.

- 96% of children age 2 to 19 have at least one snack a day.¹
- Snacks provide 26% of daily energy and 24% of daily fiber to children age 2 to 19.¹
- Yogurt is a popular snack among kids and teens.²

Snack Combinations

TASTY AND NUTRITIOUS. GIVE THEM A TRY!



VEGGIES + HUMMUS

BANANA + LARABAR® UBER



ANNIE'S® BUNNY
GRAHAMS® - HONEY
+ LOW FAT MILK

CELERY + PEANUT BUTTER

FRUIT + CHEESE

BERRIES + YOPLAIT® GO BIG™



1/2 CUP OF CHEERIOS™
+ HARD BOILED EGG

FRUIT + HANDFUL
OF NUTS

WHOLE GRAIN CHIPS
+ GUACAMOLE

ORANGE + NATURE
VALLEY® NUT CRISP BAR



Sources: ¹NHANES 2011-12. ²Mintel, Attitude Toward Kid and Teen Snacking, Feb. 2013