

Kid-Friendly Snacks

5 or more
fruits &
vegetables
every day

Choose these quick and healthy snacks for a nutritious boost of energy!

- Ants on a log (celery with peanut butter and raisins)
- Peanut butter apple treats (thinly sliced apples drizzled with peanut butter and a topping of your choice, such as raisins, dried cranberries, granola, etc.)
- Mixed raw veggies with low-fat dip
- Fruit salad
- Whole grain cereal
- Peanut butter and banana on whole wheat bread or in a whole wheat hot dog bun
- Peanut butter and strawberries on whole wheat bread or in a whole wheat wrap
- Whole fruit, such as an apple, clementine, orange or peach
- Applesauce
- Fruit or vegetable chips (thinly sliced fruit or vegetable of your choice baked in the oven until crisp)
- Hummus and pita chips
- Magic pretzel wands (pretzel rods spread with peanut butter and rolled in chopped nuts or dried fruit)
- Rice cake with any type of nut butter
- Roasted chickpeas
- Pizza crackers (whole grain crackers topped with tomato sauce, cheese and any other vegetable toppings of your choice, then microwaved or toasted until cheese is melted)



Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact

letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.