

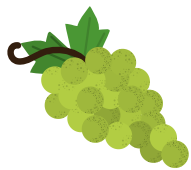
Snack idea sheet

Peanut and
nut free

Light snack= a single food

Sustaining snack= more than one food

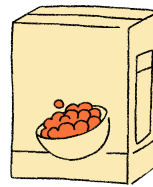
Examples of sustaining snacks:



Grapes
+
Cheese



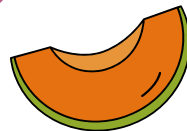
Dry
whole-grain
cereals
+
Homemade
milk
pudding



Apple
+
Yogurt



Milk
+
Homemade
muffin



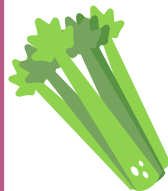
Cantaloupe
+
Roasted
chickpeas



Carrot
+
Hummus



Bell pepper
+
Cottage
cheese



Céleri
+
Hard-boiled
egg



Whole grain
crackers
+
Tofu
spread

