

DID YOU KNOW?

Snacks help give children the energy they need during the day to play, grow and feel great.

**When making snacks, “Aim for Two.”
Offer foods from at least two of the
four food groups:**

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

Think one food and one drink:

- Half a banana and chocolate milk
- Crackers, cheese and water
- Mini carrot muffin and 100% fruit juice

