

SENSORY SMART SNACKING

These are great snack ideas for children in school, but would be equally great snack choices for toddlers too. Some of the themes for healthy sensory snacks are:

- Crunchy and chewy foods help make kids more alert by engaging their senses.
- Sipping or sucking can help organize and calm children.
- Of course, fresh fruits and vegetables, whole grains and calcium rich foods make them healthy overall.

Try these Sensory Smart Snacks:

- Carrot sticks
- Celery sticks
- Cucumbers
- Grapes
- Apples
- Pears
- Dried fruit (cherries, apricots, mangos)
- Orange wedges
- Whole wheat pretzels
- Rice cakes
- Raisins
- Granola bars
- Graham crackers
- Fruit leather
- Low fat yogurt with straw
- Applesauce with straw
- Chunks of cheese
- Cheese sticks
- Whole grain cereal
- Whole grain crackers (Triscuits)
- Cereal bar
- Popcorn
- Chewy whole grain mini bagels
- 7 grain chips
- Baked pita chips
- Bagel chips

