



## Snack Ideas

Make popsicles out of 4oz 100% WIC fruit juice

Frozen grapes or bananas

Offer smoothies made of ice, fruit and milk

Treat your child to Lite Popcorn

Cut vegetables into fun shapes and offer with lowfat dip

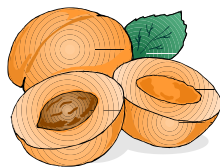
Tortilla Chips with Salsa



### Easy WIC Peach Crisp

Mix together in a microwaveable baking dish:  
**one can of drained, diced canned peaches**  
**one can of drained, diced pears**  
Then **sprinkle some raisins on top of the fruit**  
follow with some splashes of **lemon juice**

Cover the fruit mixture with  
**Honey Bunches of Oats Cinnamon Crunch**  
Cover and microwave for about 5 minutes



## Tips For Healthy Snacking

1. Offer fruits and yogurt as sweets
2. Provide a variety of color
3. Make sure any "Fruit Snacks" say 100% fruit juice  
\* Be careful of snacks that say 100% Vitamin C
4. Provide several healthy choices and allow child to pick
5. Portion size snacks that are offered
6. Avoid snacks that say "Hydrogenated" or "Trans Fat" such as cookies with cream
7. Offer 2oz of juice or milk as part of a snack
8. Use small serving dishes, cups or napkins
9. Have healthy foods prepared for on the go, or last minute snacks
10. Set up a "snack spot" in the refrigerator and cupboard for healthy, ready-to-eat snacks

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