



Healthy Snacks for Kids

Healthy snacks should be considered an important part of everyone's daily intake, especially kids'. This list provides snack ideas that can be part of a camp or school lunch.

Fresh fruit - lots of different colors!

Canned/cup fruit - in own juice or in water, such as

Dole pineapple chunks or mandarin orange slices found in the snack aisle

Unsweetened applesauce - Mott's or Hannaford unsweetened original

Raisins and other dried fruits (remember to brush teeth well!)

Trail mix - try making your own with whole-grain cereal, dried fruit, nuts & seeds (if allowed)

Air-popped or Boston's Lite popcorn

Pretzels

SunChips snacks (now available in 100-calorie snack bags, or make your own snack bag!)

Baked chips

Whole-grain mini bagel with low-fat cream cheese

Pudding (made with 1% milk or nonfat milk)

Low-fat yogurt (try the Dannon line of kids' products!)

Low-fat string cheese

Rice cake and thin layer of peanut butter (if allowed) or hummus

Whole-grain Kashi TLC granola bar

Snack ideas found in Nature's Place:

Barbara's fig bars

Kashi TLC chewy granola bars

Kashi TLC granola bars

Fruitabü (rolled fruit)

Soy chips

Organic blue corn chips

Sweet potato chips



Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to Kris Lindsey, our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



Healthy Living at Hannaford

Healthy Snack Alternatives

Whether you're craving crunchy, sweet, salty, creamy, or tangy, there's a healthier substitute for all of your guilty pleasures. Satisfy your taste buds with these nutritious alternatives. Happy snacking!



When you want:	Look for:	better choice:	best choice:
Chips	Chips cooked in Guiding Stars® oils, such as sunflower oil, & no MSG	Pretzels Low-fat or baked chips Mini rice or popcorn cakes	Raw vegetable sticks or organic popcorn
Candy Bar	Candy bar with real flavors & organic chocolate	Fruit leather Nut butter 1 dark chocolate square	Fresh fruit or dried fruit
Cookies	Cookies with real butter or non-hydrogenated oil	Granola bar Graham crackers Kashi® cookie	Raw or roasted nuts & seeds
Soda	100% juice or low-fat milk	Skim milk or 100% juice mixed with seltzer water	Water
Ice Cream	Ice Cream made with all-natural ingredients	Frozen yogurt	Fresh-fruit smoothie



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