

Healthy snacks for children



It can be difficult to find healthier ideas for what to feed children if you are at home more often than usual. You might want to try some of these simple snack ideas.

Getting the kids to help out, or watch and learn, can make for a fun activity.

Veggie sticks and dips

- Chop up some batons of carrot, celery, cucumber or pepper, and arrange them in a colourful pattern on a plate.
- Add other veggies, such as cherry tomatoes or a few salad leaves, to make a face or other fun patterns.
- Serve with dips such as hummus or reduced fat cream cheese for a healthy mid-morning or early afternoon snack. **(Note: primary school aged children should be supervised when cooking/preparing food – see here for advice on teaching children [how to grate, peel, cut and use scissors to prepare food](#))**



Pop your own popcorn

- If you can find plain popcorn kernels (with no added salt or sugar) in the supermarket (try the international foods aisle) or your local shop, then you can try making your own popcorn at home.
- Adults should do the popping. Younger children can have fun trying to count the pops!
- To add some flavour you can try a light sprinkling of cinnamon (kids can help with this).



Homemade crisps

- Try making your own fruit or vegetable crisps at home. Thinly slice fruit (such as apple) or vegetables (such as sweet potato, beetroot, parsnip or carrot) using a knife or a peeler.
- Arrange the slices on a baking tray (kids can help here) and sprinkle with herbs or spices and a small amount of olive oil (for vegetables). Bake in the oven at about 160 °C for 45 min, turning halfway through.

Toast creations

- Experimenting with different spreads and toppings for toast can be a great way for kids to have fun creating their own snack.
- You can try smooth nut butters, low-fat spreads, or reduced fat cream cheese as a base, and add sweet toppings like sliced banana, grapes, strawberry or kiwi, or savoury toppings such as cherry tomato halves, cucumber or pepper slices.
- For younger children, this can be a good chance for them to practice spreading or chopping skills (younger children should use suitable plastic cutlery that is age appropriate).

