

Stamford Health Systems Nutrition Services Department Childhood Wellness Program

**“Super Snacks for Energy!”
Easy Snack Recipes and Ideas!**

Tuna fish and crackers

1. Make tuna salad with low fat mayonnaise and tuna canned in water.
2. Add chopped vegetables like celery or tomatoes if you like!
3. Dip your favorite whole grain cracker like low fat Triscuits, or low fat Wheat Thins into your tuna salad and enjoy

“Ants on a log”

1. Cut celery into about three inch sticks
2. Spread ½ tbsp onto the hollow part of the stalk on about three or four celery sticks
3. Place raisins in a row on top of peanut butter
4. Enjoy!



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“Roll-up Snacks”

1. Place low fat mayonnaise or mustard on sliced turkey or ham
2. Place cut up tomato pieces in the middle
3. Roll up turkey slice and enjoy

Open faced grilled cheese

1. place one slice low fat cheese on top of whole wheat bread
2. Slice tomatoes, place on top of cheese and bread
3. Toast in toaster oven until cheese starts to melt.
4. Enjoy!

Fruit and a protein!

1. Spread one tablespoon of peanut butter on a banana or apple!
2. Cheese goes really well with grapes, apples or pears!
3. Low fat cottage cheese with pineapples, or other favorite fruit
4. Yogurt and fruit



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English muffins pizzas

1. Cut whole grain English muffin in half
2. Spread tomato sauce (1-2 tbsp) on English muffin
3. Sprinkle low fat cheese on top
4. Place on toaster oven tray
5. Toast until cheese is melted, and enjoy!

Homemade trail mix

1. Combine your favorite nuts with raisins, or dried cranberries.
2. If available, add sunflower seeds, or other dried fruit
3. Enjoy!

