



KID-FRIENDLY REFRIGERATOR SNACK IDEAS!

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HEALTHY FRUITS

- Apple slices with peanut butter
- Clementines or mandarins
- Grapes (washes and halved)
- Strawberries & blueberries
- Pineapple chunks
- Watermelon & cantalope cubes

VEGGIE SNACKS

- Baby carrots and hummus
- Celery and cream cheese
- Cucumber slices and ranch dip
- Cherry tomatoes (halved)
- Bell peppers and guacamole

MAKE AHEAD

- Homemade granola bars
- Peanut butter energy bites
- Mini sandwiches or pinwheels
- Fruit and yogurt parfait

PROTEIN PACKED SNACKS

- String cheese
- Cheese cubes
- Yogurt cups
- Cottage cheese with fruit
- Hard boiled eggs
- Turkey and ham roll ups

FUN TREATS

- Fruit cups
- Pudding cups
- Apple nachos
- Chocolate covered strawberries



Snack Time