

**H**ealthy snacks enjoyed at school or at home after the school day is over should include a source of protein and/or fat to encourage satiety and blood sugar balance. Keeping snacks handy both at home and on-the-go is a smart way to make healthy eating easy, attainable, and sustainable for active kids!

- Homemade granola or granola bars
- Chips and salsa/guacamole
- Gluten-free crackers, rice cakes, or pretzels
- Popcorn
- Homemade gluten-free muffins or baked goods
- Small piece of organic chocolate
- Orange slices
- Apple or pear slices with nut or seed butter
- Trail mix
- Sliced veggies or chips with hummus, guacamole, or [dairy-free ranch dressing](#)
- Celery sticks with nut/seed butter and raisins on top (“ants on a log”)
- Rice cakes topped with mashed avocado and sliced hard boiled eggs
- Beef jerky (*organic, grass-fed, and sugar-free*)
- [Chia seed pudding](#)
- Cheese (*organic/grass-fed*) with gluten-free crackers
- Hard boiled eggs
- [Smoothies](#)
- Roasted chickpeas
- Full-fat yogurt or dairy-free yogurt (*organic/no sugar added*) with berries
- [Homemade protein balls](#)
- Avocado on gluten free toast



- [Chocolate Date Energy Bites](#)
- Celery with peanut butter (*or nut butter of choice*)
- Fruit skewer (*Strawberry, blueberry, blackberry*)
- Apple Nachos (*sliced apples, drizzled with nut butter of choice, sprinkle sugar free coconut flakes, dairy free chocolate chips*)
- Frozen grapes
- [Homemade fruit roll-ups](#)
- Tortilla chips with [homemade guacamole](#)
- Apple slice cookies (*apple slices, nut butter on top w/almond slices*)
- Rice cake with nut butter and banana slices
- Healthy fruit salad
- Homemade granola on top of cut up fruit
- Celery/carrots with hummus
- Chickpeas with sea salt sprinkled on top
- Cinnamon apple slices (*cinnamon/Xylitol mixture sprinkled on apple slices*)
- Broccoli or cauliflower with hummus
- Cucumber sandwiches (*cucumber slices with dairy free cream cheese in-between*)
- [Cookie Dough Hummus](#)

