



**Kidz-Teeth**  
SPECIALIST PAEDIATRIC DENTISTS

## **SCRUMPTIOUS SNACK IDEAS FOR KIDS**

### **Are you seeking solutions to the ongoing dilemma of what to feed those hungry mouths between meals?**

Growing children often require more energy than they can get from three meals a day, which is why healthy snacks are a smart way for them to get the nutrients they need to grow, play, and learn. Without realising it, children are developing food habits which may last a lifetime, so we want to set them on the right course early with a healthy variety of foods for healthy teeth and body alike.

### **SENSATIONAL SNACK IDEAS:**

- Take a six-cupcake tin and put a different treat in each spot. Choices can include cheese cubes, mixed nuts, fruit segments, grapes, yoghurt, crackers, cereal clusters, plain popcorn, Japanese rice cracker mix, budja mix, chopped raw vegetables - kids love a wide selection to pick and choose from.
- Make fruit and cheese kebabs using toothpicks as skewers. Thread fruit such as strawberries, pineapple, grapes and a cheese of your choice - the choices are endless.
- Kids love to "dunk", so why not try a selection of baby carrots or carrot sticks, cheese, baby corn, pretzels, corn chips, celery sticks, cheese sticks, and a yummy salsa, hummus or yoghurt dip for kids to dip to their hearts content - mother nature made celery with a dipping groove perfectly suited for, peanut butter, hummus or cottage cheese.
- Put away extra servings of last night's dinner for snacks, a slice of pizza, a cup of soup, cold meatballs, make bubble & squeak patties with leftovers.
- Cheerios and tomato sauce - always a favourite.
- Mousetraps - slice of thick toast, spread with marmite or vegemite and covered with grilled cheese, great eaten either hot or cold. Another mousetrap variation - sprinkle sesame seeds onto the marmite and bake in the oven. Cut into soldiers. Keep fresh in the tins for ages.
- Yoghurt and banana smoothies are a yummy filling liquid snack. Don't be restricted to just bananas, any fruit in season is good.
- Ham and cheese rolls. Spread a slice of bread with a favourite flavour cheese spread topped with a slice of ham and roll up like a sausage.
- Uncle Toby's Le Snack.
- Make up mini pizza's using small pita bread or rice crackers as bases. Topping choices are endless.
- Extra sugarfree chewing gum. Not only tastes great but also stimulates the saliva to wash away any food debris.
- Fruit salad - fresh or tinned fruits can be used for a delicious fruit cocktail.
- Hard-boiled eggs. Faces can be drawn on the shell with a felt pen for a novelty.
- Toasted pita bread cut into wedges is delicious. In particular the garlic or olive ones.
- Poppadoms.. 1 minute in the microwave and served with chutney or yoghurt dip.
- Crumpets. English muffins or toast with sugar free spread.
- Instant noodles.