

Making Connections – Fun with Food



We all want our kids to be healthy and happy. Here are some ideas for fun snacks children can try at home or maybe on your next Private Family Visit.

Children love to play and doing this will help them eat more fruits and vegetables. Let your child help make faces with their favorites or give them these ideas to try at home. Remember to talk to them about it afterwards to see if they had fun!



Apples, kiwi, bananas, oranges and strawberry



Fill it!



Sushi! Wrap banana, kiwi, and cantaloupe with fruit strips. Top with coconut.



Make a fruit kabob!



Spread peanut butter or cream cheese on a whole wheat bread and give the child the raisins to make the face!



Celery, carrots, and olives with cream cheese or veggie dip. Octopus is made from orange pepper for the body and legs with black olives and dip for the eyes.



Dip it in yogurt!

