

Healthy Snacks for Kids on the Go or at Home

After a long day of school, children look forward to that afternoon pick-me-up. From soccer practice to dance recitals, here's a list of on-the-go and make-ahead snacks to keep up with your daily tasks!

On-the-Go Snacks

Pre-portioned snacks like trail mix, nuts, or popcorn that have 130 or fewer calories make great snacks. You can purchase snacks in individual portions or try one of these ideas!

- Cheese sticks and fruit
- Chocolate hummus and pretzels
- Ranch dip, creamy salsa, or hummus and fresh veggies
- Sliced fresh fruit and a yogurt cup
- Whole grain snack crackers and cheese
- Pre-portioned snacks (like trail mix, nuts, or popcorn)
- Jerky and cheese cubes
- Fruit and veggie pouches (like applesauce)
- Protein packs (nuts, cheese, and meat)
- Fruit kabobs
- Yogurt sticks
- Granola bars
- Fresh fruit and nuts
- Nut or seed butter with fruit
- Hummus and pita chips
- Muffins

Tip: For lasting energy, pair lean protein and fiber-rich carbohydrates, such as cheese sticks and fruit.

Make-Ahead Snacks



Kitchen Sink Monster Mix

Use whatever is on hand to make a snack mix, such as pretzels, popcorn, nuts, dry cereal, cheese-flavored crackers, chocolate candies, and chocolate chips.



Beach Cups or Dirt Cups

Open a pudding snack cup (low-fat or sugar-free vanilla or chocolate flavor), and add crumbled graham cracker squares or Oreo cookies, and gummy bears or gummy worms.



Homemade Flavored Water

Make your own flavored water! You can freeze 100 percent fruit juice in ice trays and add the cubes to water. Or add frozen fruit, chopped fresh fruit, or sliced vegetables to water. If you make a large pitcher, drink it within 3 days.



Homemade Popsicles

Mix yogurt and chopped fruit, and freeze the mixture in an ice cube tray or popsicle mold. Enjoy!



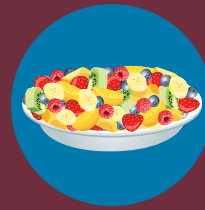
Pizza, Pizza, Pizza

- **Fruit pizza:** Top a tortilla, graham cracker, or rice cake (instead of the typical sugar cookie) with whipped topping or flavored cream cheese. Top with fresh fruit of your choice.
- **Snack pizza:** Top English muffins (or tortillas, bread, buns, or crackers) with pizza or spaghetti sauce, cheese, and your favorite cooked or deli meat or veggie toppings. Heat until cheese melts and enjoy!
- **Pizza peppers:** Cut large bell peppers into four pieces and top with pizza or spaghetti sauce, cheese, and your favorite cooked or deli meat or veggie toppings. Heat until cheese melts and enjoy!



Frozen Fruit

Simply snack on pieces of frozen fruit, like blueberries or grapes.



Fruit Salad

Mix two or three of your favorite fruits—canned, frozen, and fresh all work. If you use fresh fruit, sprinkle it with a little lemon juice to keep the fruit from turning brown.



Chocolate-Covered Fruit

Freeze bananas or strawberries until firm. Melt your favorite chocolate and drizzle it over the frozen fruit. Enjoy!



Fun Popcorn Toppings

- Take popcorn up a notch by drizzling it lightly with oil after popping, and then adding these fun seasonings!
- **Taco popcorn:** Sprinkle popcorn with 1 tablespoon taco seasoning.
- **Doritos popcorn:** Mix and sprinkle popcorn with ¼ teaspoon each of garlic powder, onion powder, cumin, paprika, chili powder, and salt.
- **Ranch popcorn:** Mix and sprinkle popcorn with ½ teaspoon each of dried dill, dried chives, garlic powder, and onion powder, plus ¼ teaspoon each of salt and pepper. Or try 1 tablespoon of homemade or packaged ranch seasoning.
- **Cinnamon and sugar popcorn:** Mix and sprinkle popcorn with 1 tablespoon powdered sugar and 1 teaspoon cinnamon.



Homemade Dips

Children love dips! Here a few fun and easy dips to try with fresh fruits or veggies:

- Vanilla yogurt
- Ranch dressing
- Salsa
- Hummus
- Sour cream
- Creamy salsa (1 cup mild salsa mixed with ½ cup sour cream or plain Greek yogurt)
- Peanut butter dip (microwave ½ cup peanut butter for 10–20 seconds, then add a pinch of cinnamon)



Tips:

The texture of these cookies is best right after baking.

Instead of chocolate chips, try dried cranberries or chopped nuts.

Oatmeal Chocolate Chip Cookies

Ingredients

- 2 bananas (very ripe)
- 1 cup oats (quick or old-fashioned)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- ½ cup chocolate chips

Steps

1. Wash your hands with soap and water.
2. Preheat the oven to 350°F.
3. In a medium bowl, mash the bananas with a fork until mostly smooth.
4. Add oats, cinnamon, vanilla, and chocolate chips. Mix well.
5. Drop spoonfuls of dough onto a lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
6. Bake 10–15 minutes. Remove from the oven and let cool before serving.



Tip:

Try in-season fruit for a budget-friendly snack!

Fruit Sushi Roll

Ingredients

- 1 tortilla
- 1–2 tablespoons nut butter (peanut butter, almond butter, cashew butter, etc.)
- 1 cup fruit (like bananas, apples, or strawberries), sliced

Steps

1. Wash your hands with soap and water.
2. Spread the nut butter onto the tortilla.
3. Add any fruit combinations.
4. Roll the tortillas.
5. Slice into bite-sized pieces.



Tips:

Frozen fruit is a great option for smoothies.

Add a handful of spinach leaves for more nutrients and fiber.

You can use any variety of milk or milk substitute.

Fruit Smoothie

Ingredients

- ½ cup milk
- ¾–1 cup fruit
- ¼ cup yogurt

Steps

1. Wash your hands with soap and water.
2. Add all ingredients to the blender. Blend until smooth.
3. Add a straw and enjoy!



Tip:

Dark chocolate is a great source of antioxidants!

Chocolate Pumpkin Muffins

Ingredients

- 1 (18.5-ounce) box devil's food cake mix
- 1 (15-ounce) can pumpkin OR 2 cups fresh pumpkin (cooked and mashed)
- 1 cup dark chocolate chips

Steps

1. Wash your hands with soap and water.
2. Mix the cake mix, pumpkin, and chocolate chips in a large bowl.
3. Spoon the batter into a greased muffin pan.
4. Bake 10–12 minutes at 350°F.
5. Let cool and enjoy!



Tip:

Try this snack to add more fiber to your diet!

Energy Balls

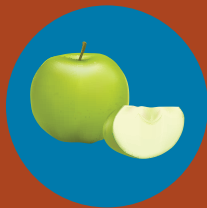
Ingredients

- 1 cup quick oats
- ½ cup mini chocolate chips
- ¼ cup honey
- ¼ cup nut butter (any variety)
- 2 tablespoons chia seeds
- 1 teaspoon pure vanilla extract

Steps

1. Wash your hands with soap and water.
2. Add all of the ingredients to a mixing bowl and stir.
3. Cover with foil. Refrigerate for 30 minutes.
4. Roll into 1-inch balls.
5. Enjoy!

Note: Do not give honey to children younger than 1 year old.



Tips:

Add raisins for more fiber.

Add nuts for more crunch.

Add a dash of cinnamon to enhance the flavor.

Apple Nachos

Ingredients

- 2–3 apples (in-season or your favorite variety)
- 2 teaspoons lemon juice
- ¼–½ cup nut or seed butter
- ¼ cup mini chocolate chips
- 2 tablespoons shredded coconut

Steps

1. Wash your hands with soap and water.
2. Wash the apples under cool, running water.
3. Core and slice the apples into 8–10 slices per apple. Drizzle with lemon juice.
4. Arrange the apples evenly on a plate in a single layer.
5. Microwave the nut butter for 20 seconds or until smooth.
6. Drizzle the apple slices with nut butter.
7. Add toppings and enjoy!

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