



## No-Cook Simple Snack Ideas for Preschool

### Make Your Own Skewers with Fruit & Vegetables

Give each child fruits/vegetables and skewer sticks and let them make their own skewers!

- Rainbow fruit skewers - <http://www.pinterest.com/pin/395964992209653727/>
- Skewers with fun shapes - <http://www.pinterest.com/pin/11188699048515493/>
- Celebrating a color skewer - <http://www.pinterest.com/pin/312929874080335822/>
- Vegetable skewers - <http://www.pinterest.com/pin/277745501992863276/> (don't be afraid to use herbs, like fresh basil, and olives, cucumbers, cherry tomatoes, peppers and other veggies)
- (For skewer sticks without sharp points, try these cupcake sticks: <http://amzn.to/1jj2pit>)



### Pour and Mix "Make Your Own Dip" for Fruit

Give each child a small bowl and let them spoon in plain, unflavored yogurt, sprinkle in cinnamon and pour in maple syrup. Let them mix it. Use any type of fruit to dip in it.

### Taste the Rainbow

Put out bowls of fruit or vegetables in all different colors of the rainbow and let kids make their own rainbow snack. Fruit: strawberries, raspberries, oranges, bananas, kiwis, grapes, blueberries. Vegetables: cherry tomatoes, red peppers, orange peppers, carrots, yellow peppers, green peppers, raw broccoli, cucumbers, snap peas, peas.



### Tasting plates

Give each child a "tasting" plate with lots of SMALL bites of different foods. Let them taste and try as they wish. Use plates with lots of sections, muffin tins, ice cube trays or give each child a big plate with food in small piles.

- Try new and familiar foods: <http://www.pinterest.com/pin/24678325455330123/>
- Try foods of one color, like a mix of green foods: <http://familysponge.com/health/kids-health/how-to-get-your-picky-child-to-eat-green-food-taste-test/>
- Or this mix of red foods: <http://www.pinterest.com/pin/207024914094669645/>



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### Fruit Popsicles

Put out frozen fruit in bowls and let each child fill a small Dixie cup with a mix of fruit. Add a stick and water, freeze overnight. Peel off the cup and eat the popsicle.



### Fruit & Veggies Cut Out

Give children sliced carrots and cucumbers, pieces of peppers, and let them punch out their own shapes with veggie cutters or small cookie cutters

- <http://www.lytnyc.com/healthy-vegetarian-school-lunch-ideas/>
- (To buy these, visit: <http://amzn.to/1dUeEBc>)

### Cookie cutter Fruit Fun

Use cookie cutters to punch out shapes with large fruit, like a giant piece of watermelon.

### Make Food art...and eat it!

Give each child a few pieces of cucumber, pepper and tomato and let them make shapes, faces and designs! Here are a few ideas for inspiration!



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