



# Fuel Learning with Fruits and Vegetables

Help fuel children's learning with a variety of healthy snacks from all food groups. Let physical activity and smart snacking spell success for your child's school year. Choose colorful fruits and vegetables that are fresh, frozen or canned (in 100% juice). Try some of the fruit and vegetable ideas below for snacks and platters for school parties and sports events. Remember to buy fresh, local produce when in season.



## Snacks That Kids Love!

### Grab and Go

- baby carrots
- celery sticks
- sliced bell peppers
- cherry tomatoes
- apples
- berries
- bananas
- orange wedges
- grapes
- pears
- unsweetened apple sauce
- fruits in 100% fruit juice
- dried apricots

### Salsa Dip with Chips

- 15 oz can black beans (drained)
- 15 oz can corn (drained)
- 16 oz jar salsa

#### Directions:

1. Mix beans, corn and salsa in a bowl and chill.
2. Serve with tortilla chips (give baked chips a try).

### Fruit Kabobs

- 3 – 4 types of canned or fresh fruit
- Low-fat yogurt
- Wooden skewers

#### Directions:

1. Cut fruit into bite-size chunks and alternate chunks on the skewers.
2. Dip the kabobs in the yogurt.

### Banola Bar

- 1 banana
- 1/4 – 1/2 cup granola (or any other crushed whole-grain cereal)
- peanut butter

#### Directions:

1. Peel the banana.
2. Spread peanut butter over the banana.
3. Roll in the granola (or other cereal).

This sheet has been developed by the Grocers and Schools Project with support from Hannaford Bros. Supermarket & Pharmacy.