



## No-Cook Snacks for Kids

Running out of ideas for after-school snacks? Snacks are an important part of a child's daily menu and can help fill nutrient gaps that meals may miss.

Depending on your child's age, many snacks can be made with little adult supervision.

**Quesadillas:** Fill soft flour tortillas with cheese and salsa, then microwave or grill.

**Snack kabobs:** Cut raw veggies or fruit into chunks and "spear" with a pretzel stick.

**Ice cream sandwiches:** Put ice cream or frozen yogurt between graham crackers and freeze.

**Pudding shake:** Shake together 1/2 cup milk and 2 table-  
spoons pudding mix.

The important thing is to have healthy ingredients in the kitchen so kids can fix a quick snack when the munchies hit!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



## No-Cook Snacks for Kids

Running out of ideas for after-school snacks? Snacks are an important part of a child's daily menu and can help fill nutrient gaps that meals may miss.

Depending on your child's age, many snacks can be made with little adult supervision.

**Quesadillas:** Fill soft flour tortillas with cheese and salsa, then microwave or grill.

**Snack kabobs:** Cut raw veggies or fruit into chunks and "spear" with a pretzel stick.

**Ice cream sandwiches:** Put ice cream or frozen yogurt between graham crackers and freeze.

**Pudding shake:** Shake together 1/2 cup milk and 2 table-  
spoons pudding mix.

The important thing is to have healthy ingredients in the kitchen so kids can fix a quick snack when the munchies hit!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.