


Suggested Sept. Healthy Snack Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Whole wheat pita chips or crackers + hummus	2 Carrot sticks	3
4	5 Apple slices	6 Strawberries	7 Snap Peas or another veggie	8 Banana	9 Crunchy peas	10
11	12 Vegetable / Grain or Fruit	13 Roasted chickpeas	14 Sugar free yogurt with sun butter + fruit to dip	15 Carrot sticks	16 Apple slices	17
18	19 Prunes or another dried fruit	20 Pumpkin seeds	21 Vegetable / Grain or Fruit	22 High fiber snack	23 Whole wheat pita chips or crackers + hummus	24
25	26 Citrus snack: Oranges, pineapples, mangos, etc	27 Prunes or another dried fruit	28 Vegetable / Grain or Fruit	29 Banana	30 Strawberries	

Visit: www.feedingmykid.com/find-recipes to find recipes and tips, along with www.facebook.com/FeedingMyKid and www.pinterest.com/FeedingMyKid