

Healthy Easter Snack Ideas

Food is often the central theme for many holidays or celebrations. Involve kids in the planning and preparation of healthy snacks listed below. The key is to present foods in a fun and creative way. Enjoy!



Grab the construction paper and googly eyes to decorate applesauce containers. You can have kids do this ahead of time or surprise them with one packed in their snack bag! Look for unsweetened applesauce when purchasing. Also a great classroom activity!



Butterflies are a sign of spring! To make these colourful treats, decorate a clothespin with googly eyes and pipe cleaner antennae and pinch them onto a baggie with some dry whole-grain cereal or fresh fruit. A special grab-and-go idea to celebrate Easter.

What a festive vegetable platter and a snap to make! Coined carrots and broccoli make the carrot. Try our [Curried Carrot Dip](#) on the side for a fantastic snack option in the classroom and at home.



Whole-grain crackers and cheese are a great source of fuel for growing kids. Using festive cookie cutters, make the cheese into fun shapes and pair with your favourite whole-grain cracker for a school-friendly nutritious snack.



This one is so easy and you can let your imagination lead the way. Line an egg carton with plastic eggs and then fill them with snack foods like cheese, berries, cauliflower, cucumber, apples or popcorn. Or supply some healthy snacks and let the kids fill them up as they would like!



Happy Easter!