

# On-the-go Snacks for Babies & Toddlers

Heading out? If you're going to be out for more than 1 hour, plan to take a snack!

## Healthy Drinks:

- Breast milk\*
- Water\*
- Milk\*
- Children do not need juice. Choose a piece of fruit instead.
- \*Pack in a clean, BPA-free container and keep cold.

Children younger than 2 years need full-fat homogenized milk.

Chilled breast milk can last 1 hour at room temperature or up to 24 hours in a cooler with an ice pack.

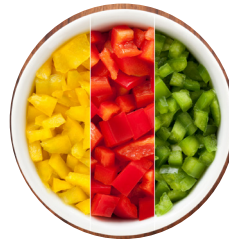
You can offer homogenized cow's milk when babies are at least 9-12 months old and eating a variety of iron-rich solids.



## Vegetables & Fruit:

- Cut-up cucumber, tomatoes
- Cooked broccoli or cauliflower tops, squash, bell peppers
- Grated carrot
- Cut-up berries (strawberries, raspberries, blueberries), grapes
- Pieces of soft banana, pear, seedless watermelon, avocado, cantaloupe
- Peeled and cut oranges, pineapple, peaches, mango
- Unsweetened apple sauce
- Grated apple

Aim to provide a variety of different foods in a snack.



## Protein Foods:

- Yogurt
- Cheese cubes
- Cottage cheese
- Cut-up hard-boiled egg
- Hummus or peanut butter thinly spread on crackers or veggies
- Cut-up soft tofu
- Mashed beans, lentils, chickpeas
- Cut-up pieces of cooked chicken or turkey



Remember: Wash fruit and vegetables in safe water.



## Whole Grain Foods:

- Pieces of whole grain crackers, pita, bagel, homemade muffin
- Unsweetened dry cereal
- Cooked oatmeal



## Keep it Food Safe:

- Wash your hands, utensils and surfaces with hot, soapy water before and while preparing food.
- Wash reusable containers and water bottles daily with soap and hot water.
- Throw out uneaten perishable foods (sandwiches, hot foods, milk products). Don't re-use plastic wraps and foils.



## Keep Cold Foods Cold:

- Use an insulated lunch bag with an ice pack or frozen water bottle. Paper and plastic bags do not keep foods cold.
- Keep snacks in the fridge until you are ready to go.

## Keep Hot Foods Hot:

- Use a thermos. Heat the thermos before using it by filling it with hot water. Leave it for 3-5 minutes, and then empty it before adding steaming hot food. Do this just before you leave.



**Remember to check the temperature of hot foods on the inside of your wrist before offering it to babies and young children.**

## Prevent Choking:

- Do not serve whole nuts, seeds, popcorn, gummy or hard candies, marshmallows, fish with bones, or snacks with toothpicks/skewers to children under 4 years.
- Cut round foods like grapes or hotdogs lengthwise.
- Grate hard foods like carrots or apples.
- Spread nut butter thinly on crackers or toast.
- Remove pits from fruit.
- Finely chop stringy/fibrous foods like celery or pineapples.
- Always make sure children are sitting upright, supervised and paying attention while eating and drinking. Never let children eat or drink in a moving vehicle.

**For more information call 1-800-660-5853  
or visit [www.healthunit.org](http://www.healthunit.org)**