

## **Quick and Easy options for snacks and meal-time back-ups:**

Tips: A balanced snack or meal means eating at least 2 food groups. Try to make sure one of these is protein to slow digestion and increase your feeling of fullness. Keeping nutritious choices around means better choices when you're short on time.

Snacks that don't require a fridge:

- Fruit and nuts—1/2 cup or a small piece of fruit and 1/4 cup nuts
- Dried fruit and nuts- 2 Tbsp dried fruit and 1/4 cup nuts
- Peanut butter and crackers—2 Tbsp (golf ball size) peanut butter and 6 crackers
- Granola bar with at least 7 g protein and 3 g
- Canned tuna or chicken with crackers

Snacks that go in the fridge:

- String cheese and whole wheat crackers
- 1/2 peanut butter sandwich on whole wheat bread
- Raw veggies and hummus
- Applesauce and cottage cheese
- Baked tortilla chips and salsa
- Yogurt



Quick meal ideas:

*-Requires a fridge, but no microwave required:*

- Peanut butter and jelly sandwich on whole wheat bread with a side of fruit and yogurt
- Canned tuna or chicken with cheese and bread or crackers and vegetables on the side
- Salad with fresh vegetables and canned beans or meat

*-Requires a microwave:*

- Can of healthy request soup
- Packet of oatmeal with nuts and raisins
- Microwave dinner with less than 600 mg sodium
- Steamed vegetables with cheese on a baked potato

