



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER SNACKS

**Fruit Kabob** – Layer a colorful pattern of your favorite fruit. These can be stored in the fridge for up to 3 days.



**Veggie Sticks** – Slice bright colored veggies into thin sticks and eat with a light ranch dip or hummus.

**Popcorn** – Place 2 Tbsps. of popcorn kernels in a brown paper bag, roll the top over and microwave for 2 minutes.



**Watermelon Popsicle** – Slice into triangles, add a popsicle stick and freeze; it couldn't be easier!

**Smoothie** – Fill your blender with fruit, low fat milk and other fresh ingredients. Avoid using ice cream or added sugar or your smoothie will be more of a milkshake.





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**Low-Fat Cheese** – No prep work required for this quick low-calorie high-protein snack!



**Frozen Berries** – Place fresh blueberries, cherries, or grapes on a sheet pan and freeze or buy bags of berries already frozen.

**Guacamole** – A great way to load up on heart healthy fats! Just combine avocado, tomato, onion, jalapeño, cilantro, fresh lime and a pinch of salt and pepper.



**Homemade Granola Bars** – Make ahead and store in an air tight container. Look for “no-bake” recipes to avoid using the oven.

**Greek Yogurt Fruit Dip** – This tasty dip can be used on pretzels, fruit, or graham crackers and only has 3 ingredients: Greek yogurt, peanut butter, and honey.



**Fresh Salsa** – Dice tomatoes, onion, cilantro, and jalapeño (if you like it spicy). Sprinkle with salt and fresh lime juice and eat with baked corn tortilla chips.