Habits are often formed early in life. Helping kids develop healthy snack habits as preschoolers can help keep them healthy as they get older.

Here’s how you can help the kids in your care develop healthier snack habits:

- **Create regular snack times for kids.** Good times are usually late morning and early afternoon for toddlers and preschoolers and just after-school for older kids.

- **Keep healthy snacks on hand.** Make sure nutritious snacks are handy and ready for the kids to eat. Examples could include fresh fruits and vegetables (cut into bite-sized pieces), whole grain crackers, low-fat cheese cubes (cut small enough to avoid choking), and plain low fat yogurt (you can add sweetness using a small amount of honey and/or cut up fruit).

- **Serve small amounts.** Limit snacks to small servings so that they don’t turn into an extra meal. For instance, cut 1/2 of a small apple into slices and add 2 small whole wheat crackers.

- **Space snacks.** Snacks should be served between meals and not too close to any meal.