

55 Toddler Snack Ideas

Circle the wins, star a few to try, and cross out the snacks nobody wants to see again.

How to use it: Mom picks 5-10 realistic options for the week. Kids can add a star beside their favorites and an X beside the definite no-thank-yous.

☐ Pick this week ★ Kid favorite X Skip next time

Fast Fridge & Pantry Picks

- ☐ Banana with plain yogurt
- ☐ Soft pear with ricotta
- ☐ Avocado on soft toast
- ☐ Soft-cooked sweet potato
- ☐ A small oatmeal cup
- ☐ Applesauce with familiar cereal
- ☐ Soft scrambled egg with toast
- ☐ Cottage cheese with soft peach
- ☐ Sunflower-seed butter on soft bread
- ☐ Mashed beans on a soft tortilla
- ☐ Soft banana pancakes
- ☐ A refrigerated yogurt pouch
- ☐ A soft mini muffin
- ☐ Overnight oats

Ten-Minute Favorites

- ☐ Soft pita with hummus
- ☐ Fruit-and-yogurt smoothie
- ☐ Applesauce with a mini waffle
- ☐ Cheese with soft berries
- ☐ Hummus with soft pita
- ☐ Yogurt with crushed cereal
- ☐ Mini quesadilla pieces
- ☐ Hard-boiled egg with toast
- ☐ Crackers with cheese
- ☐ Banana with seed butter
- ☐ Yogurt pouch with dry cereal
- ☐ Applesauce with graham crackers
- ☐ Mini bagel with cream cheese
- ☐ Banana-oat bites

Make-Ahead & Freezer Picks

- ☐ Mini cheese muffins
- ☐ Apple-oatmeal squares
- ☐ Soft vegetable fritters
- ☐ Soft homemade oat bars
- ☐ Two-ingredient banana pancakes
- ☐ Mini quesadilla roll-ups
- ☐ Soft no-bake oat bites
- ☐ Applesauce-oat muffins
- ☐ Yogurt fruit dip

Daycare, Preschool & On-the-Go

- ☐ Applesauce pouch with approved crackers
- ☐ Mini muffin with a fruit cup
- ☐ Yogurt tube with cereal
- ☐ Cheese with prepared fruit
- ☐ Sunflower-butter sandwich pieces
- ☐ Mini sandwich roll-ups
- ☐ Fruit with yogurt dip
- ☐ Mini pancakes with applesauce dip
- ☐ Cheese, crackers, and prepared cucumber
- ☐ Individual fruit cups
- ☐ Mini bagel tray
- ☐ Banana mini muffins

Store-Bought Backups

- ☐ GoGo squeeZ applesauce pouch
- ☐ That's It Mini Fruit Bar
- ☐ MadeGood Granola Minis
- ☐ Annie's Cheddar Bunnies
- ☐ Once Upon a Farm refrigerated pouch
- ☐ Stonyfield Kids yogurt pouch

Parent note: This list starts at 12 months and is for snack-planning ideas only. Follow your pediatrician and current official guidance for allergens, food preparation, serving sizes, textures, and choking prevention.

Our Real-Life Snack Plan

Plan just enough to stop the 3 p.m. refrigerator stare. Repeating snacks is allowed.

Our 5 Easy Wins

Use First

What is already open or needs using?

Day	At Home	Pack / On the Go	Ready?
Monday			☐
Tuesday			☐
Wednesday			☐
Thursday			☐
Friday			☐
Saturday			☐
Sunday			☐

Buy

Prep Once

Pack the Night Before

Make it a two-minute kid job: Let your child choose between two snacks, circle tomorrow's pick, or put a sticker beside the one they want packed.

What Worked This Week?

Keep:

Skip:

Simple rule: Pick one familiar food and one easy add-on. A repeated snack is still a successful plan.

Kid Snack Taste Test

Try up to five snacks. Kids can circle a reaction, add a sticker, or color the winning row.

My name: _____

#	Snack	Love	Maybe	No thanks
1		LOVE	MAYBE	NO THANKS
2		LOVE	MAYBE	NO THANKS
3		LOVE	MAYBE	NO THANKS
4		LOVE	MAYBE	NO THANKS
5		LOVE	MAYBE	NO THANKS

My Snack Helper Job

- ☐ Choose a container
- ☐ Add a napkin
- ☐ Pick between two choices
- ☐ Add my name sticker
- ☐ Help put snacks away
- ☐ Wash fruit with a grown-up

My Top 3

1.

2.

3.

Draw your dream snack plate:

It can be silly. It can have five crackers and one blueberry. You are the snack designer.

Grown-up note: "No thanks" is useful information. Cross it off for now, save the page, and keep the snacks that make real life easier.

Snack planning only - not medical or nutrition advice. Follow your pediatrician and official age-appropriate preparation guidance.