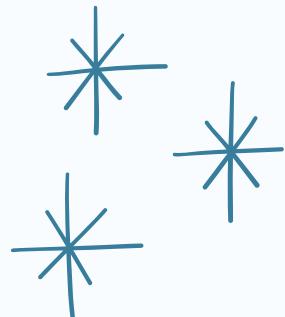




Dose  of Nutrition



SNOWDAY

SNACKTIVITIES

@ADOSEOFNUTRITION
WWW.DOSEOFNUTRITION.COM

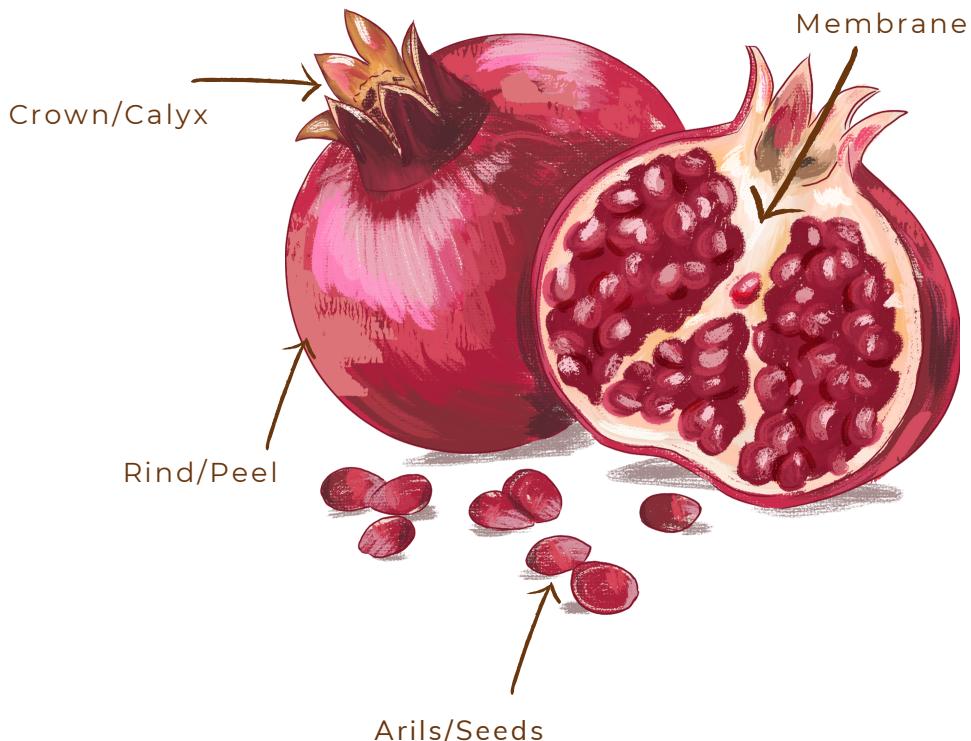


Snacktivities: Turn everyday snack time into something more engaging and meaningful for kids. Instead of just eating, I wanted them to explore food—learning where it comes from, following simple recipes, and building confidence by choosing add-ons and getting creative. It's a playful way to encourage curiosity, independence, and positive food experiences, one snack at a time.

Got kids home for a snow day? These fun winter-themed snacks will keep little hands busy and happy.

SNACKTIVITIES POMEGRANATE

@ADOSEOFNUTRITION
WWW.DOSEOFNUTRITION.COM



How to explore:

- **Look:** Find the the crown at the top and feel the smooth, leathery skin.
- **Cut:** Have an adult remove the top, then cut along the natural white seams.
- **Pull:** Gently break it open to reveal the jewel-like ruby red arils inside.
- **Enjoy:** Scoop out the arils and savor their juicy crunch.

Fun facts: The name “Pomegranate” comes from latin, meaning “apple with seeds”. They grow on small trees or shrubs. A large fruit can contain over 1,000 seeds. They are nutritious and provide fiber for a healthy tummy, vitamin C, and potassium.

SNACKTIVITIES

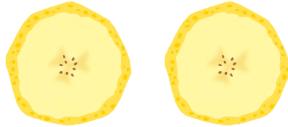
POLAR BEAR YOGURT BOWL

@ADOSEOFNUTRITION
WWW.DOSEOFNUTRITION.COM

Use yogurt, blueberries, bananas to make the
cutest polar bear yogurt bowl!



Spoon yogurt into a bowl and spread it into a
round circle to form the polar bear's face.



Make the ears: Place two banana slices at the
top of the bowl, one on each side.



Create the eyes: Add two blueberries in the
center for the eyes.



Make the nose: Place one banana slice in the
middle, then add a blueberry on top for the
nose.

Enjoy: Admire your polar bear, then dig in!

SNACKTIVITIES

SNOWMAN CRACKERS

Grab crackers, your favorite spread, and veggies to make cute little snowman snacks.



Spread a thin layer of cream cheese on each round cracker.



Add two small olive pieces for the eyes.



Place a tiny carrot piece in the center for the nose.



Use small bell pepper pieces to create buttons and a smiling mouth.