

easy egg crate snack tray

VEGGIE

NUTS

SWEET

VEGGIE

CRUNCHIES

FRUIT

VEGGIE

SWEET

NUTS

VEGGIE

FRUIT

CRUNCHIES

Let your kids choose their favorite snacks for the day. This simple solution, using just an egg crate, will allow your child to portion healthy options that they will snack on throughout the day.

Helpful Hints for Kids:

- Use a tablespoon for serving size of sweets, nuts, etc.
- No refilling until all is eaten
- Choose what order to eat
- Refill as much as you'd like in a day



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