



Snack Pairing List

Snack pairing ideas to support steadier energy, calmer moods, and smoother daily routines.

Nuts (lightly salted or unsalted) + fruit

The protein and healthy fats help kids stay fuller longer, which can reduce late-afternoon mood crashes.

Cheese sticks

A convenient protein with calcium that keeps kids satisfied longer than chips, supporting steadier behavior.

Plain yogurt + strawberries or granola

Buying one large container keeps costs down, and adding your own toppings keeps sugar lower and helps avoid mood spikes.

Fruit packed in water + a handful of nuts

Shelf-stable and easy to pack; balanced snacks help kids stay focused and cooperative during evening routines.