

Make meals
and snacks
delicious

DANiMALS®

SMOOTHIES AND LOWFAT YOGURT POUCHES ARE A GREAT ADDITION TO MEAL AND SNACK TIME.

DID YOU KNOW?

- ✓ Most kids don't consume the recommended levels of several important key nutrients like calcium, vitamin D, fiber and potassium.¹
- ✓ These nutrient gaps tend to widen after toddlerhood and into school-age years, with a notable increase around ages 5-8 years, when parental influence over food choices may often decrease.^{1,2}

SNACK IDEAS

Kids love snacks, and selecting nutrient-dense options doesn't need to be difficult. Snack time can be a meaningful opportunity to help children get nutrients they may be missing throughout the day. Danimals® smoothies & low-fat yogurt pouches now provide calcium, vitamin D and fiber, nutrients commonly underconsumed by kids, and can be easily paired with food like fruits, vegetables and whole grains to help children meet daily nutrient needs.



FROZEN YOGURT POPSICLE

- Make a delicious frozen yogurt pop by whisking together 1 Danimals yogurt pouch* + 1/2 cup of milk.
- Feel free to add diced fruit to the mixture to add a little something extra.
- Pour the mixture evenly into popsicle molds and put in the freezer until frozen solid, at least 4 hours.

*Danimals smoothies work well too! No additional milk needed, just pour directly into popsicle mold and freeze. This pop will be a little icier than the yogurt pops.

CHIA PUDDING

- Pour 1 Danimals smoothie bottle into a cup and add 2-3 tsp of chia seeds.** Stir well until all the seeds are evenly mixed in. Cover and refrigerate for 15 minutes.
- After 15 minutes restir the mixture until all the seeds are evenly distributed again. Now refrigerate until chilled and set, at least 2 hours.
- Top with diced fruit, berries, nuts, or other topping-favorites and enjoy!

**Adjust based on personal preference for consistency and thickness.

YOGURT DIP

- Squeeze 1 Danimals yogurt pouch into a dish, sprinkle with a little cinnamon or top with nut butters, granola, or other topping-favorites, and serve alongside a fruit skewer or sliced apples, peaches, or bananas for dipping.

TRY SERVING DANIMALS SMOOTHIES OR LOWFAT YOGURT POUCHES WITH KID-APPROVED FRUITS AND VEGGIES AT SNACK TIME!



Carrot and cucumber sticks



Sliced bell pepper



Steamed or boiled snap peas



Steamed broccoli florets



Sliced strawberries



Blueberries or raspberries



Apple slices



Banana



MAKE LUNCHTIME FUN!

LUNCHBOX IDEAS

INCLUDE A DANIMALS SMOOTHIE OR LOWFAT YOGURT POUCH ALONG WITH ANY OF THE FOLLOWING KID-FRIENDLY LUNCHBOX IDEAS.

Clever Lunchbox Tip

- Freeze Danimals lowfat yogurt pouch overnight.
- Add to your lunchbox in the morning.
- It keeps items cool while it thaws in time for lunch.

POCKET SANDWICH

- 📦 Layer cut circles of turkey and cheese onto a whole wheat pita.
- 📦 Place cucumber slices on top. *Optional: use cookie cutters to form fun shapes.*
- 📦 Serve with sliced apples or blackberries.

YUMMY HUMMUS DIP

- 📦 Serve hummus with veggies like, baby carrots and cooled, steamed broccoli florets, crackers, bread, pretzels for dipping.
- 📦 *Optional: add some fun by cutting cucumber slices with cutters.*
- 📦 Include a side of strawberries.

SAY CHEESE (& CRACKERS)

- 📦 Start with whole grain crackers.
- 📦 Pair with cheese slices. *Optional: create fun shapes with small cookie cutters.*
- 📦 Serve with sliced bell pepper.
- 📦 Add a side of blueberries.

TRANSFORM LUNCHES

Use different size and shape cookie cutters to transform veggies, fruits and sandwiches into fun handheld treats!

WRAP ATTACK

- 📦 Spread guacamole on a warmed, whole grain tortilla.
- 📦 Top with leftover chicken (shredded or sliced), shredded carrot, and salsa.
- 📦 Fold one side, tuck in ends, and continue rolling.
- 📦 Wrap in parchment (or waxed) paper and slice in half.
- 📦 Serve with raspberries.

CINNAMON RAISIN COOKIE SANDWICH

- 📦 Spread cream cheese on two slices of whole grain sandwich bread and top with a sprinkling of raisins and cinnamon.
- 📦 Close sandwich. *Optional: use a large cookie cutter to press out a shape.*
- 📦 Serve with apple slices and steamed snap peas.



LOOK FOR MORE LUNCH & SNACK IDEAS ON DANIMALS.COM!