

# PHOTO SESSION KID SNACKS

Kids are kids, they get hungry, they need encouragement. Be prepared and bring along some simple quick easy snacks or treats.



Bring along a small lunchbox to keep drinks cool with some ice packs. On hot summer days kids always like to cool down with the ice packs.

## Not to Bring:

Anything that melts or stains: Chocolate, Skittles, Red drinks (They leave stains on the mouth And clothes)

Things that take long to eat: Apples, Chips

If it doesn't have a cap: Capri Sun, Juice Boxes

## Snack Ideas:

- Tummy Juices (from convient store- They have a bottle top to open and close easy and don't stain)
- Small water bottles (Freeze sideways half full of water and then fill up with regular water day of session)
- 100 Calorie snacks (Variety of types, just don't get anything chocolate coated)
- Kids Gummie Snacks (Small lunch box sizes)
- Frozen or regular grapes (frozen adds a bit of fun to those hot summer sessions)
- Starburst candy (Individual pieces, non-staining)
- Animal crackers, Gold Fish or Teddy Grams
- GoGo Squeez Applesauces
- Yogurt bits or Puffs for little ones