

# Dippity-Do! Fun Dipping Snacks

Snack time is an active time for children. Even though children are usually sitting down for snack time, we often see activity. Just think of the child who uses the little bear cracker to march along the table or the child who flies the piece of cheese like an airplane. The element of play presents itself wherever children are. Why not add activity to the snack? Try the following dipping snacks for involving children in the action during snack time.

## Roll and Dip PB & J

Whole grain soft tortillas  
cut in half or smaller)

½ T peanut butter per child  
½ T fruit spread per child

\*If desired, children can mix peanut butter and jelly in small cups.

\*Have children roll up a small section of tortilla. Dip rolled tortilla section into peanut butter and jelly.

## No Spoon Soup

Small cups of soup (chunky-style vegetable soup works best; make homemade or use healthy prepared soups)

Tortilla chips made for dipping  
(round in shape)

\* Heat soup before serving to safe temperature. Use dipping chips to eat soup.

## "How Have You Bean?" Dip

Large (15 oz.) can of  
cannelloni (white beans)

3 T olive oil

2 T lemon juice

Salt and pepper to taste

Blend beans, olive oil, and lemon juice  
in blender or small food processor.

Dip bean dip with pretzels,  
pita pieces, or crackers

Serves about 6-8 children

**Caution:** When offering foods to young children, be aware of allergies and choking hazards. Young children may choke easily on some foods, such as nuts, seeds, and raw vegetables; do not give these to infants. Carefully watch children while they are eating.

## Sweet Nectar Dip

1 C vanilla yogurt  
1 T lime or lemon juice  
2 T honey  
Orange sections  
(or fruit of choice)

Dip orange sections in  
"sweet nectar" dip.

## Flat Tires

Apples or pears cut into circles (core  
apple and slice on its side, slice pear  
on its side, core each slice; you are left  
with circle shapes. Peel fruit for young  
children to avoid choking on skins.)

1 C yogurt mixed with  
2 T honey for dipping

Serves 6-8 children

**Caution:** Do not use honey  
in beverages and uncooked  
foods for infants under the  
age of two years. Honey may  
contain botulism toxins.

## Chili Chip Dip

1 C sour cream  
1 C prepared chili sauce or  
1 C mild salsa  
1 can black beans (optional)

Mix all ingredients in a  
medium-sized bowl.

Serve with tortilla chips or  
taco shell pieces.

## Waffles and Strawberry Dip

Frozen waffles, toasted and  
cut into bite sizes

Strawberry dip:

2 pints strawberries, stemmed and diced  
½ C jam (strawberry, apricot, or jam of choice)  
1 t maple syrup or 1 t cinnamon  
If too thick, add 2 T of water.

For creamier dip, add ½ to  
1 C of low-fat cream cheese.

Mix dip items in a medium-sized bowl.

Serve with toasted waffle pieces.

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