

# A GUIDE TO SWISS KINDERGARTEN SNACKS



## SEASONAL FRUIT

WINTER apple . orange . pear

SUMMER cherries . melon . apricots . plums . grapes .  
strawberries . blueberries raspberries . peach . apple



## SEASONAL VEGETABLES

WINTER carrot . celery sticks . radishes . kohlrabi .  
cucumber

SUMMER cherry tomatoes . bell pepper . fennel . kohlrabi  
radishes . celery sticks . carrots quark with herbs to dip  
vegetables in



## DRIED FRUIT & NUTS

raisins . dried apples / apricots / mango / pineapple /  
berries walnuts . hazelnuts . cashew nuts . almonds .  
unsalted pistachios . sandwich with nut butter



## WHOLEMEAL SNACKS

wholemeal bread sandwich . wholemeal crackers  
(Darvida (Coop) or Blevita (Migros)) . crispbread  
(Knäckebrot) . rye crispbread (Pancroc (Coop) or Micror  
(Migros)) . plain ricecakes or speltcakes (Dinkelwaffeln) .  
crunchy bread rolls (Schwedenbrötli) . salt-free popcorn



## DAIRY SNACKS

Babybel cheese . kiri cheese with breadsticks . plain  
joghurt . plain quark with herbs and vegetable sticks .  
cheese sandwich tortilla wrap with flat cheese