What is a snack?

- Smart snacks provide a variety of foods from at least two of the five food groups (vegetables, fruit, grains, protein, and dairy).
- Choose snacks for your child that are low in fat and sugar.
- Snacks and treats are different. Treats such as candy and cookies are high in fat and sugar and should be eaten only once in a while.

Benefits of healthy snacks:

- They provide a **brain boost** and help your child do better in school.
- They **refuel** your child’s body in between meals and keep them from getting hungry.
- They help your child get all of the **vitamins & minerals** they need to grow and be healthy.

**Snacking Tips for Parents:**

- ✓ Plan ahead and buy healthy snacks when you grocery shop.
- ✓ When choosing snacks, offer healthy choices and let your child pick.
- ✓ Pre-portion your child’s snacks into small plastic bags to grab-and-go.

~Flip sheet over for some quick & healthy snack ideas~
Quick & Healthy Snacks to Pack

- Low fat yogurt and berries
- Popcorn with sunflower seeds
- Baby carrots and hummus dip (see recipe below)
- Whole wheat crackers and sliced cheese
- Pretzels rods wrapped with thinly sliced turkey
- Rice cakes with sunflower seed butter
- Low-fat tortilla chips with salsa
- Whole wheat tortilla and cheese
- String cheese and sliced tomatoes
- Low-fat pudding and a banana
- Cottage cheese with crushed pineapple
- Fig bars and a carton of low-fat milk
- Trail mix (see recipe below)
- 100% fruit leather (fruit strip) and nuts
- Sliced deli turkey and cheese
- Pita bread with hummus dip
- Cereal bar and apple slices
- Hard boiled egg and whole grain crackers
- Celery sticks and low fat ranch dip
- Unsweetened applesauce and graham crackers

### Hummus Dip

1 15-ounce can chickpeas (garbanzos)
2 tablespoons lemon juice
1 tablespoon olive oil
1 clove garlic
¼ teaspoon salt
4 sprigs fresh parsley

1. Open can of chickpeas and drain, saving the liquid in a measuring cup.
2. Combine all ingredients in blender or food processor and blend until smooth. Add a bit of the saved liquid if needed.
3. Serve with carrot and celery sticks, pretzels, or whole wheat pita bread.

Makes 8 servings (3 tablespoons each). Per serving: 60 calories, 2g fat, 2g fiber.

### Trail Mix

2 tablespoons mini pretzels
2 tablespoons whole grain cereal
1 tablespoon raisins
1 tablespoon sunflower seeds or nuts

1. Put all ingredients into a small plastic bag. Shake it up and take it anywhere!

Makes 1 serving. Per serving: 210 calories, 7g fat, 2g fiber