



VOLUME 10 • SPRING 2023

FOOD & FUN FOR EVERYONE

Eating healthy can be challenging at any time of the year. Here are some tips to help your family eat healthy while having fun.

Smart Snacking

Making healthy decisions about food and physical activity is something that children learn by watching their parents and family members. Snacking habits are an important part of your child's overall nutrition. Read these tips on why snacks are important and check out our healthy snack ideas.

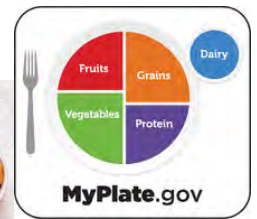
Why do we need snacks?

Snacks have a lot of benefits for your body. They provide a brain boost that can help your child pay attention in school. They refuel your child's body in between meals and keep them from getting too hungry. They also help your child get all the vitamins and minerals they need to grow and be healthy.



What are snacks?

Smart snacks provide a variety of foods from at least two of the five groups on MyPlate. Snacks should include fruits and veggies whenever possible and be low in added sugar.



Snacking Tips for Parents

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



Kid-Approved Snack Recipes

Bugs on a Log



Ingredients

- 1 celery stalk
- 1 tablespoon low-fat cream cheese (or nut butter)
- 1 tablespoon raisins (or sunflower seeds)

Directions

1. Wash & cut the “log” (celery stalk) in half.
2. Spread cream cheese or nut butter in the groove of the “log.”
3. Dot with “bugs” (raisins or sunflower seeds) and eat!

Oatmeal Cranberry Bites



Ingredients

- 1 cup old fashioned oats
- 1/4 cup sunflower seed butter
- 1/2 cup dried cranberries or raisins
- 2 tablespoons honey
- 1/4 teaspoon cinnamon

Directions

1. In a medium bowl, add all of the ingredients and stir well to combine.
2. Refrigerate for 30 minutes.
3. Scoop 1 tablespoon of the mixture into your hand and roll into a ball. Continue until all of the mixture is used.
4. Store in an airtight container in the refrigerator for at least 1 hour. Serve chilled.

Healthy Snacks

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Once-in-a-While Treats

They give you energy to learn and play throughout the day.

Too many can make you feel tired and slow. They are less healthy.

