

Smart Snacks to Pack

For Your Kids



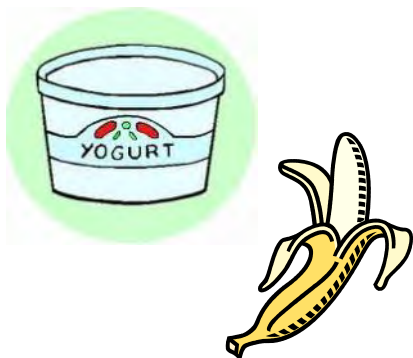
What is a snack?

- ➔ 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

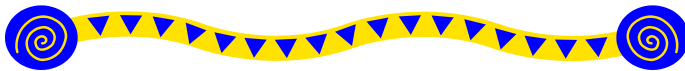
Flip this sheet over for some quick & healthy snack ideas and visit web.uri.edu/SnapEd for more recipes.

Quick & Healthy Snacks to Pack

- Low-fat yogurt with berries
- Unbuttered popcorn with sunflower seeds
- Baby carrots with **hummus dip (see recipe below)**
- Whole wheat crackers and sliced cheese
- Pretzels rods and cucumber slices
- Rice cakes with sunflower seed butter
- Tortilla chips with salsa
- Whole wheat tortilla and cheese
- String cheese and pepper strips



- Low-fat milk and a banana
- Low-fat yogurt and pineapple chunks (fresh or canned packed in 100% juice)
- Toasted oat cereal and low-fat milk
- Trail mix (see recipe below)**
- Oatmeal with raisins
- Sliced deli turkey and cheese
- Pita bread with **hummus dip (see recipe below)**
- Granola bar and apple slices
- Hard boiled egg and whole wheat toast
- Celery sticks with low-fat ranch dip
- Unsweetened applesauce and graham crackers

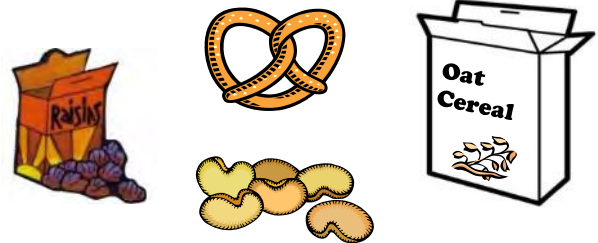


Hummus Dip

- 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