

# Healthy Snacks for Home & School

Smart snacking is a great way to meet daily nutrient requirements that may be missed at meal times.

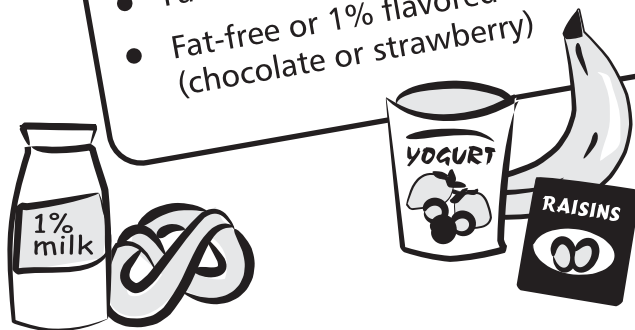
Children may need snacks to help them get enough calories (energy) throughout the day. So, choosing healthy foods that add nutrients, like vitamins and minerals, to their diets is essential.



## Quick and nutritious snack ideas:

### Dairy

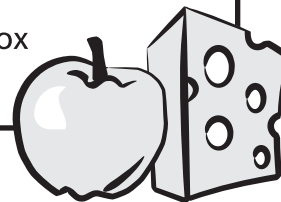
- String cheese and fruit
- Milk or yogurt smoothies with juice and sliced bananas or strawberries
- Cottage cheese or yogurt with fruit (fresh or canned)
- Ice cream, frozen or regular yogurt with fresh fruit
- Fat-free or 1% milk
- Fat-free or 1% flavored milk (chocolate or strawberry)



**If chosen carefully, snacks can promote good health by supplying nutrients without adding too many calories.**

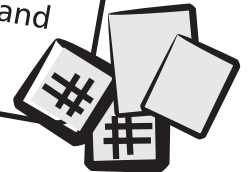
### Fruits & Vegetables

- Raw vegetables with low-fat yogurt dip, cottage cheese or hummus
  - Baby carrots
  - Celery sticks
  - Cucumber slices
- Apples and cheese -- pears and other fresh fruits work, too!
- Snack-size applesauce
- Frozen fruit bars
- Trail mix with nuts and dried fruit
- 100% fruit juice box



### Grains

- Whole-grain crackers with cheese or peanut butter
- Whole-grain cereal with milk
- Flavored rice cakes (like caramel or apple cinnamon), with peanut butter
- Baked potato chips, or tortilla chips with salsa
- Popcorn -- air popped or low-fat microwave
- Pretzel sticks and a glass of milk
- Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bars or raisins and a glass of milk



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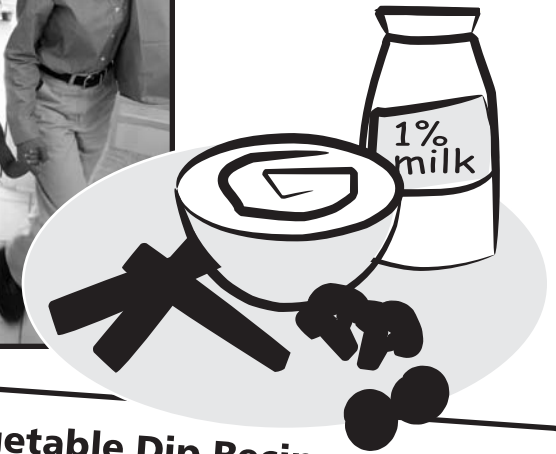
Visit [www.mealsmatter.org](http://www.mealsmatter.org) for FREE tips, interactive nutrition assessment tools, easy-to-prepare recipes, meal suggestions and more.

# Snacking Tips for Parents

- Plan ahead and **buy healthy snacks when you grocery shop** -- you will save money and will make healthier choices than buying snacks on the go.
- **Provide kids choices** and make the choices you offer reasonably nutritious.
- **Pre-portion your child's snacks** into small plastic bags to grab on the go or put a snack-sized serving on a plate.
- **Designate an area in your refrigerator or cupboard for healthy snacks** that you have selected and your kids like -- let them help themselves without having to ask for permission.
- **Combine snacks from at least two food groups** to pack more nutrients into your child's diets -- it will be more filling and will hold them over until their next meal.

For example, adding milk to cereal or serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein, and other important nutrients to snacks.

**Remember:**  
Space snacks far enough  
away from meals so appetites are  
not spoiled!



## Tangy Yogurt Vegetable Dip Recipe

### Ingredients

2-1/2 cups	Plain yogurt
1	Packet onion soup mix
1 tbsp	Minced parsley
1/4 tsp	Garlic salt
1 tsp	Dill weed
Pinch	Black pepper

### Preparation

Mix ingredients in a bowl. Use vegetables of your choice -- carrot sticks, celery sticks, green pepper rings, broccoli, zucchini sticks, radishes, etc.

It's best to make the dip ahead and refrigerate it overnight so that the flavors will blend and the dip will thicken slightly.

### Nutrient Information

38 Calories / 1g Fat / 5g Carbohydrates / 3g Protein / 96mg Calcium



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