

THE PROACTIVE

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Back to School Snacks

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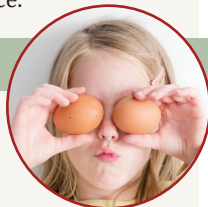
A MONTHLY NEWSLETTER

Snack Ideas

- Make “ants on a log” (celery with peanut butter and raisins).
- Add fruit to fat-free or low-fat yogurt. Be sure to look for canned, dried, and frozen fruit with no added sugars.
- Blend fruit and yogurt with some 100% fruit juice to make a tasty smoothie.
- Top whole-grain crackers with low-fat cheese.
- Dip vegetable “matchsticks” (thin sticks made from fresh carrots, zucchini, or bell peppers) in hummus.
- Top whole-wheat bread, rice cakes, or apple slices with peanut or almond butter.
- Melt cheese in a whole-wheat tortilla to make quesadillas. Add black beans for an extra twist.
- Mix air-popped popcorn with dried fruit and unsalted nuts for homemade trail mix. Eat with fat-free or low-fat milk.
- Dip tortilla chips in salsa. Look for chips with less sodium.
- Make a mini pizza. Put spaghetti sauce, chopped vegetables, and shredded cheese on half of a whole-wheat English muffin and melt it in the oven.
- Keep fresh fruit in a place that’s easy to reach in the refrigerator or on the table. This will make it easier for kids to grab a healthy choice.

Set the Rules

- Teach your kids to ask before they help themselves to snacks.
- Eat snacks at the table or in the kitchen, not in front of the TV.
- Don’t let kids snack directly out of the bag or box.
- Drink water, milk (fat-free or low-fat), or 100% juice instead of soda or fruit-flavored drinks.



Back to School Snacks

Creating Healthy Habits

The beginning of the school year is a perfect time to set the stage for the upcoming year and to create new healthy habits for the entire family.

While meals make up the majority of a child’s nutritional intake, most children eat at least one snack per day. While many of the most commonly offered kids’ snacks tend to be of lower nutritional value than meals, snacks still can support—or even enhance—your child’s overall healthy eating plan.

Here’s how:

Use snack times as a way to increase fruit and vegetable intake. Most kids do not eat the recommended amount of fruits and vegetables. Snack times offer a great opportunity to increase access and exposure to these nutrient-dense foods. Consider pairing them up with dairy products or dairy substitutes (such as grapes and cheese), lean proteins (such as celery and peanut butter), or whole-grain cereals and bread (such as banana sandwich on whole grain bread).

Keep a range of healthy foods handy at home. It is much easier to make easy, healthy snacks when you keep a few key items stocked at home. Ideas include different types of raw vegetables and fruit, yogurt dip, hummus, and cheese sticks.

Avoid processed foods and added sugars. Processed foods (made in a factory and sold in bags and boxes) do not have many nutrients and often have a lot of added sugar and salt. In addition, children may become hungry faster after eating processed foods.

Teach your children to eat a rainbow of colors. Arrange your children’s foods to show the beauty of fresh, brightly colored foods. Talk about the farms where food comes from and the farmers who help grow it.

Don’t forget:

Incorporating sports and exercise into your children’s daily routine is a great way to keep them healthy. Enroll kids in after school activities where possible and enjoy a walk or bike ride together.

We hope your school year gets off to a great start!