

Nurturing Our Families with Food Snacks

Snacks are a part of your child's eating each day. Children need snacks to help them take in all the fuel they need to help their bodies grow. Offering a variety of healthy snacks helps your child learn to make good food choices and live a balanced life in the future.

Choose foods rich in nutrition for your child's snack.

- Variety and Balance Ideas
 - Whole grain breads and crackers, dry cereal, pretzels and baked chips, and low-fat popcorn
 - Canned or fresh fruit, applesauce, and dried fruit
 - Raw vegetables like baby carrots and celery with low-fat dip
 - String cheese, yogurt, and milk
 - Peanut butter, peanuts and other nuts, and lean meats such as dried buffalo
- Beverage Ideas
 - Water – Children need low calorie, low sugar beverages.
 - Milk – Children need calcium each day for strong bones.
 - Juice – Children need only ½ cup each day.

Plan snacks that include two food groups.

- Offer fruit and yogurt, crackers and cheese, celery and peanut butter or a trail mix. By combining two food groups together, you can provide more nutrition and fill them up so they can make it to the next meal.

Let your children help choose and make the snacks.

- Provide healthy snack choices for your children and let them decide what they will eat and how much.
- Allow the children to help prepare the snacks they are eating. They will enjoy playing with food and getting extra time to spend with you.