

## Why Kids Need Snacks!

- Active children have high-energy needs – they are growing AND they are physically active.
- BUT....children’s stomachs are pretty small ...so they get full after eating a small amount of food.....so....
- Snacking helps kids to bridge the gap between each meal so that they have a steady supply of energy for their active lifestyle!



## Safe and Snappy, Summer Time Snacking!

- Dip fruit pieces into a cool yogurt or mix pieces of a variety of fruits, add some granola, and toss together in your yogurt container.
- Spread some nut butter onto a celery stalk, a slice of banana or a sliver of apple.
- Tear up pita bread and dip in salsa.
- Add almond butter between graham crackers or rice cakes.
- Sprinkle shredded cheese over your tortilla; add a touch of salsa on top.
- Stash small bags of dried fruits and unsalted nuts and seeds into any bag, or back pack... in case of an emergency snack attack!
- Who said cereals were only for breakfast? Carry them around in a sealed bag and you can snack wherever you go!
- Try a tuna snack pack – a mini can of tuna, some crackers and relish.

## Stay Cool & Avoid Mid-Day Meltdown!

- Use an insulated lunch bag to help keep foods cool.
- Freeze your fruit and vegetable juices and use them to keep foods cool inside your lunch bag.
- Even better, use a freezer pack designed for lunch bags.
- If using paper lunch bags, create layers by double bagging to help insulate the food. To keep lunches cold away from home, include a small frozen gel pack or frozen juice box.
- If there’s a refrigerator available, store perishable items there upon arrival.
- Pack all animal foods next to your freezer pack or frozen juice box – and eat these foods first!
- Freeze your yogurt overnight and keep it for some afternoon delight!

Pack **ONLY** the amount of perishable food that can be eaten at lunch or for snacks.

**ALL perishable foods**, such as raw or cooked meat and poultry, eggs, must be kept cold at all times!

**Prepackaged combos** that contain luncheon meats along with crackers, cheese, and condiments must also be kept refrigerated.

**Some food is safe without a cold source.** Items that don’t require refrigeration include fruits, vegetables, hard cheese, unopened canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard, and pickles.

## SOME HEALTHY SNACKING TIPS

✓ <b>GREAT CHOICES</b>	✓ <b>GOOD CHOICES</b>	✓ <b>CHOOSE RARELY</b>
<ul style="list-style-type: none"> <li>-whole fresh fruit; apple banana, grapes...</li> <li>-frozen fruit, canned fruits in its own juice</li> <li>-raw vegetables; carrot sticks, broccoli florets, pepper sticks</li> <li>-3/4 cup (175g) yogurt, try low-fat versions</li> <li>-low-fat cheese or tofu based cheese</li> <li>-natural nut butters</li> <li>-melba toasts or whole-grain, low-fat unsalted crackers, crisp-breads, flatbreads</li> <li>-whole grain breads, bagels, English muffins, tortillas, pitas</li> <li>-whole-grain cereal</li> <li>-popcorn without fat or salt</li> <li>-fruit juices (unsweetened)</li> <li>-vegetable juices or cocktails (low-sodium)</li> </ul>	<ul style="list-style-type: none"> <li>-dried fruits; raisins, prunes, apricots</li> <li>-canned or frozen fruits sweetened</li> <li>-dry-roasted unsalted nuts and seeds</li> <li>-low-fat microwave popcorn</li> <li>-Pretzels (low salt)</li> <li>-commercial muffins (read labels, can be high in fat)</li> <li>-graham crackers, ginger snaps, low-fat arrowroot biscuits, social teas, fig bars, homemade muffins</li> <li>-sherbet, low-fat frozen yogurt, fruit ice, frozen juice bar</li> </ul>	<ul style="list-style-type: none"> <li>-sugar coated fruits</li> <li>-salted nuts and seeds</li> <li>-potato chips, corn chips, nacho chips, tortilla chips</li> <li>chocolate, chocolate bars, candies containing chocolate, butter, toffee or cream</li> <li>-soda pop; regular colas, orange drinks...</li> <li>-full fat ice cream</li> <li>-cakes, pies, pastries, croissant, doughnuts</li> <li>-cream sandwich cookies, commercial cookies</li> </ul>

