



Healthy Eating on the Go

Today in school, your child learned about healthy snacks. Most people enjoy snacking because it is a great way to refuel between meals. Healthy snacks are made up of foods from the five major food groups and help active growing children meet their increased energy and nutrient needs. Healthy snacks take some planning. The key is to have healthy foods available at home so children can choose snacks wisely. It is also important to show your children that you enjoy healthy snacks.

So How Do You Snack Healthy?

Follow these three simple rules:
Keep it simple. A healthy snack is one that takes little preparation and is always within easy reach. Make fresh, canned or dried fruits accessible to children. Have a variety of colorful crunchy veggies on hand already cut up and ready to eat.

For variety and balance, choose foods from all of the food groups for snacks that kids will enjoy. Stock the refrigerator or pantry with “help yourself” nutritious foods such as whole grain breads and bagels, low-fat granola or trail mix and single-serving yogurt.

Limit fatty, sugary snacks because they offer lots of calories and very few nutrients. Snack on fruit instead of candy or fresh veggies instead of potato chips.

Healthy Snack Choices

Next time the kids want something to munch on, offer some of these smart snacks with color and crunch appeal and healthy beverages to have with snacks:

- Sliced fresh fruit
- Sliced fresh vegetables with low fat dip
- Whole grain crackers and low-fat cheese
- Low fat yogurt with cereal or fruit
- Graham crackers, oatmeal cookies or fig bars
- Baked tortilla chips and salsa
- Pretzels or popcorn
- Milk, water or 100% fruit juice



Healthy Snacking on the Go!

Our family has been learning why it is important to choose healthy snacks. We can work together to make rules to make sure snacks are healthy. Climb the ladder on the next page to make healthy snack rules for your family.

Use the steps on the ladder to help your family make rules about the foods that will be available in your home for healthy snacks, the time of the day that snacks can be eaten, beverages to have with snacks, and where snacks should be eaten. Use your rules to plan healthy snacks for a week.

Our Healthy Snack Rules

1. What should we snack on?

2. When can we snack?

3. Where do we eat snacks?

4. What beverages can we have with our snacks?

List of Healthy Snacks

Sunday Snacks:

Monday Snacks:

Tuesday Snacks:

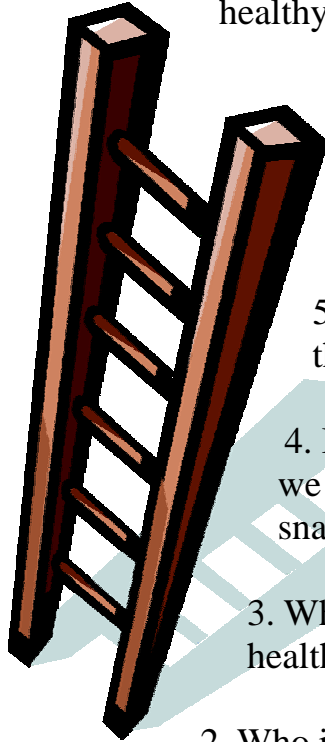
Wednesday Snacks:

Thursday Snacks:

Friday Snacks:

Saturday Snacks:

Listen - Be Respectful - Use Humor When Appropriate



7. Make it happen - (What do we need to prepare or buy to follow our new healthy snack rules?)

6. Can we agree on snack choices? (What rules can we make about what we will eat for snacks, when and where we will snack and beverages we will have with snacks?)

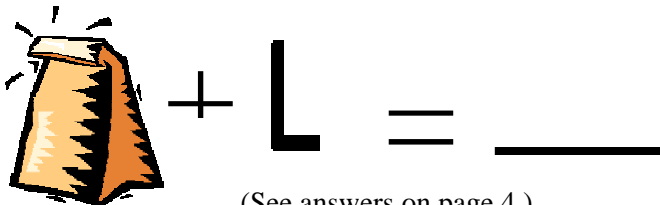
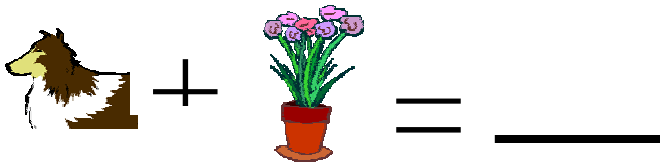
5. What are the best solutions? (Hint: Think about healthy snacks that you like and healthy beverages to have with snacks.)

4. Brainstorm Solutions - (What snacks are healthy, when should we eat snacks and where, and what beverages should we have with snacks?)

3. Why the problem should be resolved? (Hint: How can eating healthy help us?)

2. Who is having the problem? - (Our family)

1. Identify the problem:
(For example, eating less healthy snacks while watching television or drinking pop with snacks.)



(See answers on page 4.)

Our Family Goals:

Follow family snack rules.

Buy healthy beverages to have with snacks.

(Agree on another family goal and write it here.)

As Your Child Grows

Many families face conflicts regarding expectations that adult family members and children have about snacking. Adult family members may need to set rules for children regarding the types of foods and beverages that make up healthy snacks, when snacks are allowed, and maybe even where snacks should be eaten. When establishing a new rule, make sure you discuss the rule with your child using rational and logical explanations. Allow your child to negotiate using reasoning skills. Be accepting of your child's perspective and come to an agreement together.

Be a good role model for positive conflict resolution. It is much better to deal with conflicts when you are looking at things in a calm and respectful manner. Ask how the child feels about the situation, then use caring and respectful words to work out a win-win situation. Sometimes, just giving children options and choices help all of us learn new ways to resolve conflict.

On the Web:

Check out these web sites with your child:

It's Snack Time (NebGuide G91-1033-A): <http://www.ianr.unl.edu/pubs/foods/g1033.htm>

President's Council on Physical Fitness and Sports (PCPFS): <http://www.fitness.gov>

Team Nutrition (USDA) <http://www.fns.usda.gov/tn>

Tasty Oven Fries

Ingredients:

- 3 or 4 large potatoes
- 1 tablespoon vegetable oil
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- Dash of black pepper
- Dash of salt (optional)

Procedure:

1. All food preparers should wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure work surfaces are clean.
2. Preheat oven to 425° F.
3. Scrub the potatoes under running water and pat them dry with paper towels.
4. Cut the potatoes lengthwise. Place the potato lengths flat side down on the cutting board and cut each into four slices, or to the size you desire.
5. Measure the vegetable oil into medium mixing bowl, add potatoes.
6. Stir the potatoes until they are lightly coated with oil. Sprinkle with the spices.
7. Arrange potatoes in a single layer on a baking sheet.
8. Bake 30 to 35 minutes or until golden brown

**Makes 48 fries*

Answers to puzzle on page 3. 1. peanuts, 2. cauliflower, 3. bagel

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Information on pages 1 and 4 adapted from the Jump Into Fun and Fitness Program, Michigan State University Extension, Spring 2004.