

Kids will be much more likely to eat healthy foods like fruits and veggies if it is fun! Here are a few ideas!

Make your own FOOD ART.

Snacking can become an after-school activity. Let your children arrange foods into funny faces, monsters, insects or whatever captures their imagination. Try cutting up their sandwiches into shapes and have them put it back together like a puzzle. Let kids learning to spell write their names in pretzels. The possibilities are endless.

DIP IT!

Kids often think food tastes better when it's dipped and will love the feeling of making their own snack. Try dipping veggies like cucumbers, celery, and carrots into cream cheese, hummus or low-fat dressings.

Fruits go great with peanut butter or cottage cheese.



SIP IT!

You can sneak a lot of nutrients into a drink. Have fun blending your own healthy shakes with frozen fruit and juice or low-fat milk. Throw it in a special glass or add a crazy straw and enjoy.

FREEZE IT!

Instead of ice cream, look to make your own treats with frozen fruit and fruit juice. Kids will love crunching on homemade fruit ice. Simply freeze the fruit juice of your choice in small cup and serve with a spoon. Or make your own banana popsicles. Peel the banana, slice it in half, and push a popsicle stick through its center. Wrap them in wax paper and freeze for three hours. For extra protein, try rolling them in peanut butter and then nuts before freezing.

Make it BITE SIZE!

Kids love finger food! Let kids make their own mini-sandwiches with whole-wheat crackers, a lean lunch

meat, and low-fat

Keep snacking fun and interesting!

Healthy snacking in between meals is a way your children can get the nutrients they need to grow and stay healthy. Here are some snacking strategies that you can incorporate into your daily routine that will also save you time and money. Since children have small stomachs, it's important for them to eat small meals frequently.

The key to making smart food choices is to make them easy. By planning and preparing healthy snacks, your kids will be less tempted to reach for chips, candy and sodas.

- Snacks should be accessible. Keep a stash of fresh fruit on the counter.

- For younger children, keep healthy snacks such as yogurt, string cheese, and 100% juice on the lower levels of the refrigerator.

- For older children, try posting a list of snack ideas on the refrigerator door. This is a way to help them learn to make healthy choices on their own.

- Have kids on the go? To save time, prepare plastic bags of pretzels, whole-grain cereals, or nuts. Stash them in backpacks, in the car, or even in the pantry.

- Keep snacking interesting. Try to challenge your kids to try new foods. Pair an old favorite with something new and they will be more likely to try it.

- Provide snack choices. Kids will enjoy the freedom of making their own decisions.

Power Up with a healthy snack!

- Combine snacks from at least two food groups to pack more nutrients into your child's diet.

- Be creative! Satisfy cravings with healthier alternatives.

In the mood for chocolate? Try a hot chocolate drink instead of a candy bar.

Snack on baked tortilla chips instead of potato chips.

