



## Summer Day Camps

# Fit & Active Facts

## Week 2: Healthy Snacks for Home

### Why snack? How to Snack:

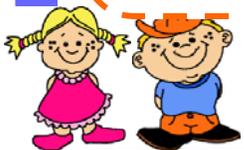
- Kids have smaller stomachs and will get hungry between meals. Most kids need to eat 4-6 times per day.
- Think of snacks as part of your child's meal (a mini meal) instead of a "treat" like a dessert.
- Plan ahead for snack time. Ideal time is 2+ hours before a meal.
- Kids will feel and behave better when snacking on healthy foods.
- Snacks can help meet daily food energy and nutritional needs such as 5-a-day fruits & veggies.
- Keep healthy snacks in the fridge or pantry so that older kids can help themselves.
- Encourage teeth brushing after snacks.
- Keep snacks small. If a child is still hungry, they can ask for more.
- Offer snacks only to satisfy hunger, not for good behavior, calming tears, etc.
- Finally, be a great role model! Kids often want what they see the adults in their life eat.

### Fresh Food Snack Ideas:

- Frozen grapes
- Cucumber coins
- Fruit skewers (grapes, strawberries, melon, pears)
- Halved kiwi eaten w/ a spoon
- Crunchy bananas (roll in peanut butter or yogurt, low fat granola, & fruit)
- Slices of fruit dipped in lowfat vanilla yogurt
- Cinnamon applesauce
- Apples with nut butter or low fat caramel dip
- Carrot sticks/pepper sticks with low fat dip
- Healthy Smoothie (bananas, strawberries, milk & ice)
- Milk shake-ups (milk, juice-100%, & ice)
- Yogurt parfait (layer low fat yogurt, granola and fruit)
- Leftover pancakes/waffles with fruit spread

- Iced fruit pops (frozen 100% juice)
- Low fat cottage cheese with canned pineapple
- Hummus and pita bread or veggies to dip
- Baked apple (core, sprinkle w/ cinnamon, bake until tender)
- Flavored low fat cr. cheese & healthy crackers
- Cereal & Milk (look for cereals w/ fiber & low sugar)
- Soft pretzels with dipping sauce/pizza sauce
- Spinach with vinegar dressing
- Mini pizzas (on whole grain bagel or English muffin)
- Quesadillas (whole wheat & turkey)
- Black bean salsa with low fat tortilla chips
- Cheese rolled in turkey - low fat cheese & meat
- Lettuce wraps with turkey or ham - low fat
- Tuna Melt (tuna on healthy bread with cheese - put under the oven broiler)

Recipe on Back!





### Sweet & Salty Crunchy Mix



#### Ingredients

- Canola oil spray
- 2 cups cereal, preferably whole grain, e.g., old-fashioned rolled oats, puffed whole wheat or brown rice, or low-fat granola
- 2 cups thin pretzels broken into small pieces
- 1/2 cup walnuts or almonds
- 1/2 cup pumpkin seeds
- 1/2 tsp. turmeric
- 2 cups mixed dried fruit (preferably unsweetened), e.g. raisins, apples, dates
- 1/4 – 1/3 cup honey

#### Directions

Preheat oven to 350 degrees if baking 15 to 20 minutes, and 300 degrees for slower baking- 45 to 60 minutes. (Slow baking takes more time but deepens the flavor). Lightly coat bottom of two baking sheets and set aside.

In a large bowl, mix together the cereal, pretzels, nuts and seeds until well combined. Stir in the turmeric until evenly distributed. Stir in the dried fruit.

In a heat-resistant measuring cup, gently warm the honey to thin its consistency in a microwave, or a stovetop using a small saucepan containing hot water. Slowly add just enough of the honey into the cereal mixture, stirring constantly, until the mixture begins to adhere and form clusters.

Spread the mixture on the baking sheet in a thin layer. Spray with canola oil spray. Bake until cereal is lightly browned, stirring once if baking at 350 degrees, or 3 to 4 times if slow roasting at 300 degrees.

Makes 15 one-half cup servings.

Nutritional information per serving :  
148 calories, 3 grams fat (less than 1 gram saturated fat), 30 grams carbohydrates, 3 grams protein, 2 grams fiber, 20 mg sodium



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