

# LEAP

## Learning, Eating, and Activity for Preschoolers



March 2008 — Let's Snack Smart  
(Credit: Wayne & Lewis County TNCEP)

Most children enjoy snacking because it is a great way to refuel between meals. Healthy snacks 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 Smart?

Follow these three simple rules:

Keep it simple. A healthy snack is one that takes little preparation and is always within easy reach. Colorful crunchy cut-up veggies are always ready to eat.



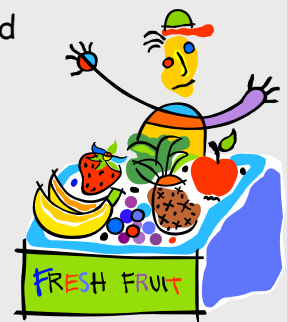
For a variety and balance, choose foods from all of the food groups for snacks that kids will enjoy.

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
- Baked tortilla chips and salsa
- Pretzels or popcorn
- Milk, water or 100% fruit juice



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## Quick Snacks:

- Whole fruit, sliced into finger foods
- Berries
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Cheese and crackers
- Bagel and peanut butter
- Frozen yogurt



## Easy-to-make snacks:

- **Milk shake-ups:** Pour milk, juice, and ice in a covered container. Shake!
- **Fruit juice pops:** Freeze fruit juice in small paper cups or ice cube trays
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.

*Offer milk or juice with snacks*

## Quick Fruit Slurpee

### Ingredients:

- 2 cups 100% apple juice
- 1 (8 to 10 oz.) package frozen strawberries, partially thawed
- 1 banana, peeled

### Instructions:

1. In a blender, combine apple juice, strawberries, and banana.
2. Blend until smooth. Serve immediately.
2. If desired, substitute milk for apple juice.

Makes 3 servings



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