

What We Learned Today

Smart Snacking

During today's ChildcareAlive! activity, your child learned the importance of snacking, and what makes a healthy snack. We even made **Healthy Banana Splits**, using yogurt (instead of ice cream), along with a banana, finely diced fruit, and topped with crushed graham crackers. Most young children actually *need* snacks because their small stomachs cannot consume the recommended amount of vitamins and minerals in just 3 meals a day. Healthy snacks help children grow by *adding* to the nutritional value of what they eat every day.



What Makes a Healthy Snack?

Healthy snacks consists of at least 2 food groups, and should ADD to the nutritional quality of a child's daily diet more often that it subtracts from nutritional quality. It is best if snack foods are low in fat, sodium, and added sugar.

Healthy Snack Ideas:

- Yogurt with apple slices
- Wheat crackers with peanut butter
- ½ toasted English muffin with peanut butter
- Crunchy snack mix (recipe on this page) with low-fat (1% or less) milk



Smart Shopping

Purchasing snack foods can get costly. However, there are a few ways to save money at the grocery store when purchasing snacks.



One way to save money is to make your own snack mix instead of buying pre-packaged items. Home-made snack mixes, like the one below, will not only be cheaper, but will also likely contain less sodium and added sugars.

Snack Mix

- 1 cup toasted oat cereal
- 1 cup wheat square cereal
- 1 cup cheese crackers
- 1 cup mini pretzels

Pour all ingredients into a bowl, stir, and enjoy. Try pre-portioning into small bags or containers for a quick, on-the-go snack.

Look on back page for more snack ideas!!

More Snack Ideas for Kids

Snacks Requiring Little Preparation:

- Fruits: fresh, frozen or canned (in 100% juice).
 - Raw Vegetables: plain or with low-fat dip/dressing
 - Low-Fat Dairy: yogurt, cheese sticks, cottage cheese, and milk
 - Whole Grains: bread, pita bread, cereal, crackers
- *Combine any of the above items for a complete, healthy snack!



Whole Grains + Protein Snacks:

(Remember to offer whole grains and/or protein to help children stay fuller longer)

- Toasted whole wheat English muffin or bagel with peanut butter
- Whole wheat English muffin pizza or pita bread pizza
- Whole wheat tortilla with melted low-fat cheese
- Crackers with low-fat cheese or peanut butter

Low-fat Dairy and Fruit/Veggies Snacks:

- Low-fat cottage cheese and fruit (peaches, strawberries, etc.)
- Yogurt and fruit (banana, strawberries, blueberries)
- Smoothie made with skim milk, yogurt and fruit
- Diced cheese and fruit kabobs



Easy Snack Recipes

Yogurt Grahams

Ingredients:

- 1 graham cracker (large rectangle)
- 2 Tbsp low-fat fruit-flavored yogurt



Directions:

- Break graham cracker in half.
- Spread yogurt on one half and top with the other half.
- Wrap in plastic wrap and freeze.
- Makes one serving.

Source: Colorado State University Extension Service

Sugarless Oatmeal Cookies

Ingredients:

- 3 ripe bananas, mashed
- 1/3 cup butter, melted
- 2 cups uncooked quick-cooking oats
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 tsp vanilla extract



Directions:

- Set oven to 350°F. Mix together all ingredients in a bowl until very well combined.
- Let mixture stand about 5 minutes until oats become wet. Heap teaspoons with dough and drop dough onto greased cookie sheet. Bake for 15-20 minutes. Let stand for one minute, then move to wire rack to cool completely. Makes 2 1/2 dozen cookies.

Source: "Now Serving: Tasty Healthful Meals on a Budget!"
NDSU Extension Service—www.ndsu.edu/eatsmart