

#5: We Eat Healthy Snacks

Think Together

- It's time to **rethink your child's snack!** Snack time provides an extra opportunity to eat more of the foods from the five food groups that nourish our bodies.
- Instead of looking at snack time as a chance for treats and sweets—look at snack time as a chance for **healthy eats!**
- Snacks containing **added sugars, salt and solid fats** are **“sometimes foods”** and should be eaten less often—not daily.
- Think of foods like **cookies, chips and hot dogs** as **“sometimes foods.”**
- Think of foods like **fruits, vegetables, low-fat dairy items, whole-grains and lean protein foods** as **“everyday foods.”**
- Use **Nutrition Facts labels** and **ingredient lists** to help your family choose healthy snacks.

Eat Together

- **Offer a fruit and/or vegetable at every snack time.** Save time by slicing fruits and vegetables beforehand and storing them in the refrigerator. Serve sliced vegetables with dips such as hummus or low-fat salad dressing. Serve sliced fruit with dips such as peanut butter or low-fat yogurt.
- **Involve your child in preparing healthy snacks.**
- Snacking together gives parents and caregivers the opportunity to **model healthy snacking.**

Move Together

- Instead of giving sweets, reward good behavior or hard work with a fun family game of soccer or kickball, a trip to a state park or a freeze dance in your living room. **Moving together as a family is good for you and a great motivator too!**



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Take **Healthy Steps**
for **Healthy Lives** Together

Snacking Fun with Fruits and Veggies

- Baby carrots and red and yellow pepper strips with low-fat ranch dressing for dipping
- Whole-wheat crackers, snap peas and hummus
- Rice crackers, apple slices and peanut butter
- Rye chips, orange wedges and low-fat string cheese



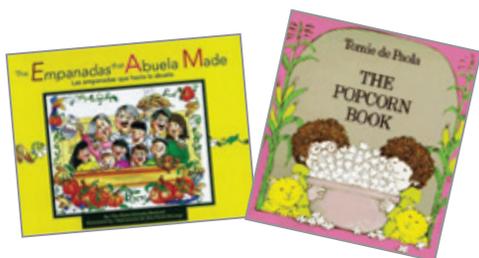
Add even more fun by letting your child use cut-up fruits and vegetables to create “pictures” of shapes, animals and other creatures on his or her plate.

Schools and Families Can Get Healthier Together

Work together with your child’s school to see how healthy snacking can become a priority in the school and community as well as in your home. Visit neahealthyfutures.org for family-led, school-based solutions.

Read Together

- *The Empanadas That Abuela Made/Las Empanadas Que Hacia la Abuela* by Diane Gonzales Bertrand (fiction)
- *The Popcorn Book* by Tomie dePaola (fiction)



TRIVIA ANSWER: Sodium intake should be less than 1 teaspoon per day. One teaspoon of salt is 2,300 milligrams.

Healthy Family Trivia

Everyone in your family, including children, should limit their total salt (sodium) intake to what amount? Take a guess and then check your answer below!

HEALTHY CONVERSATION STARTERS

Can you think of a healthy snack that you like to have after playing outside and being really active?
If you were going to give a friend a healthy snack, what would it be?
Why doesn't a “sometimes food” make a healthy everyday snack?