



Take Home #17 Healthy Snacks

Dear Parents,

Today we discussed the importance of healthy snacking and went over some examples of healthy snacks. Below are some examples we came up with so that you can enjoy healthy snacks at home!

- Veggies with low-fat dip or salad dressing
 - Veggies:
 - Broccoli
 - Carrots
 - Cauliflower
 - Celery
 - Cucumber
 - Bell peppers
 - Snap peas
 - Tomatoes
 - Dips
 - Bean dip
 - Guacamole
 - Hummus
 - Salsa
 - Peanut butter
- Whole grain pita pockets with fun fillings
 - Add hummus and veggies
 - Add peanut butter and apples or bananas
 - Add tomato sauce and low-fat mozzarella cheese and heat in the microwave or oven
- Ants on a log
 - Celery with peanut butter (soy butter or sunflower seed butter for those with peanut allergies)
 - Top with raisins or dried cranberries
- Whole grain crackers with low-fat cheese or peanut butter
- Trail mix
 - Combine cheerios, dried cranberries, sunflower seeds, mini dark chocolate chips and walnuts
- Fruit smoothies
 - Blend frozen fruit, bananas, yogurt and milk
- Other drinks:
 - Water
 - Low-fat or fat-free milk
 - 100% fruit juice

Using the *Super Snacks* worksheet, help your student come up with some new easy snack recipes like the ones above. Decide which food groups are included in each snack. We encourage students to get at least two food groups in every snack, but the more the better! Also, have your child rate how much they enjoyed their new

snack on a scale of 1 to 10, with 1 being the worst and 10 being the best. Happy snacking!



Take Home #17 Super Snacks

Instructions: Come up with three new snack recipes. Identify what food groups are included in each snack and rate how you like each one on a scale from 1 to 10, with 10 being the best and 1 being the worst.

Snack #1

Food groups in Snack #1

Rating of Snack #1 – Circle the number below

1 2 3 4 5 6 7 8 9 10



Snack #2

Food groups in Snack #2

Rating of Snack #2 – Circle the number below

1 2 3 4 5 6 7 8 9 10



Snack #3

Food groups in Snack #3

Rating of Snack #3 – Circle the number below

1 2 3 4 5 6 7 8 9 10

