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Stay Energized with a Healthy Snack

Try these ideas at home or on the go

- Serve cucumber slices or canned fruit with a side of cottage cheese.
- Cut fruit and cheese into shapes using cookie cutters.
- Bake **Apple Bars** or muffins from FoodHero.org for a quick treat (pictured).
- Spread peanut butter on a whole grain tortilla, top with sliced bananas and raisins, and roll it up.
- Make **Do-It-Yourself Trail Mix** which is a great option when you are on the go. Recipe on back.



Kids Can...



- * choose a vegetable to eat as a snack.
- * use cookie cutters to make shapes with fruit and cheese.
- * help fill small bags of healthy snacks.
- * scoop the ingredients for **Do-It-Yourself Trail Mix**.

Stay Connected



Healthy Snacking Tips

- Add a fruit or vegetable to every snack.
- Try mixing a fruit or vegetable with another food group - dairy, protein or whole grains. A fruit smoothie is a great way to try this.
- Make ahead small bags with healthy snacks for the cupboard or fridge. Try canned or dried fruit, whole-grain crackers or cereal, or sliced veggies.
- Be a Food Hero! Eat and serve healthy snacks and your kids will likely follow your lead!

Monthly Hero Checklist

- Try a new vegetable for a snack.
- Pack a healthy afternoon snack.
- Help kids make **Do-It-Yourself Trail Mix**.
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FoodHero.org





Do-It-Yourself Trail Mix



Ingredients

- 1 cup **square-type whole grain cereal**
- 1 cup **o-type whole grain cereal**
- 1 cup **puff-type whole grain cereal**
- 1 cup **dried fruit** of your choice
- 1 cup small **pretzels**
- 1/2 cup small **nuts***

Directions

1. Set the ingredients out on the counter or table in separate bowls.
2. Give each child a small spoon and a small plastic bag. Let the child put a spoonful of each ingredient into the bag and shake to mix.



Serving Size: 3/4 cup
Prep time: 10 minutes

*Peanuts and other small foods that are round are easy for your preschooler to choke on when swallowing them. Have your child eat at the table, or at least while sitting down. Always watch your child while he or she eats.



Share a healthy snack or meal with your kids. Offer healthy foods and let kids choose which ones and how much to eat.

You'll find your kids will:

- Enjoy spending time with you
- Mimic your healthy eating
- Be able to tell when they are hungry and when they are full
- Feel good about making their own choices
- Argue less about eating
- Learn to eat healthy now and for life

Message brought to you by the Nutrition Council of Oregon

Nutrition Facts	
Serving Size 3/4 cup (67g)	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 7g	
Vitamin A 6%	Vitamin C 4%
Calcium 6%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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