

# Pack a snack box

Use a snack box to help you and your family choose healthy snacks. Snack boxes help your children choose a variety of foods for after-school snacks. Parents or adults choose what goes in the box and children choose what they would like to eat from the box.



## Here's three easy steps:

1. Have two snack boxes: one for the refrigerator and one for the cupboard.
2. Figure how many snacks you need for one week. Make a list of foods to include in the snack box. Include a variety of foods that are crunchy, chewy, creamy and juicy.
3. Each week, add snack foods to the boxes. Family members can choose a snack from the snack box for on the way to school, after school, after work or in the evening.

## Low-cost snacks

Buy large portions of these foods and put them in small servings in the snack box:

### Grains

- Whole-grain, baked crackers
- Low-fat graham crackers
- Pretzels
- Whole-grain cereal

### Fruit

- Canned fruit
- Applesauce
- Dried fruit
- Raisins

### Vegetables

- Baby carrots or other veggies

### Milk

- Low-fat cheese

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## Think about what you drink

- Drink water often, but limit vitamin/flavored water — they are expensive and may have sugar
- Choose low-fat milk — children need 3 cups of milk each day
- Choose 100 percent juice
- Limit high-sugar juice drinks, sports drinks, energy drinks and soda



# Ideas for snack boxes

## Cupboard



### Fruits

- Canned fruit
- Dried fruit like raisins
- Fruit cups

### Beans, nuts

- Nuts including soy nuts
- Peanut butter



### Milk

- Fat-free or sugar-free pudding packs

### Chips/snacks

- Baked chips
- Pretzels
- Trail mix



### Grains

- Animal crackers
- Baked whole-grain crackers
- Low-fat graham crackers
- Low-fat granola, breakfast bars
- Whole-wheat pita bread with hummus
- Popcorn
- Rice cakes
- Whole-grain bagels
- Whole-wheat, reduced-fat or whole-grain crackers



## Refrigerator



### Fruits

- 100 percent juice boxes
- Apples
- Applesauce
- Canned fruit
- Grapes
- Orange

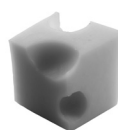
### Vegetables

- Broccoli
- Carrots
- Celery sticks
- Cherry tomatoes



### Milk

- Low-fat cottage cheese with fruit
- Low-fat yogurt
- Low-fat cheese slices
- Part-skim string cheese
- Fat-free or sugar-free pudding



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