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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.

## Nutrition Facts

Serving Size 3/4 cup (67g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 60
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 21g	
<b>Protein</b> 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



**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*

For more Recipes and Tips on eating well for less, visit [www.foodhero.org](http://www.foodhero.org)

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