Good Grinding for Wise Dining
Celebration Foods
Lesson 22: Local Healthy Snacks

“Snacks are fine, especially, the local healthy kind”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Local Healthy Snacks” handout. Begin lesson when everyone receives a handout.

Read the following:
Today, we are going to talk about how to choose local healthy snacks. We can think of snacks as “mini-meals.” So, we should try to make them count by choosing healthy foods. Snacks are fine, especially, the local healthy kind.

Action: Everyone repeat with me, “snacks are fine, especially, the local healthy kind.”

Have participants repeat the following:
"Snacks are fine, especially, the local healthy kind."

Action: Ask the following questions:
How many people like to eat snacks? Do you find yourself getting hungry often, or at similar times of the day?
*Gently encourage people to participate. Thank participants for sharing.

Read the following:
If we become hungry at the same time of the day, we can plan a mini-meal for those times. Local snacks are tasty, but they often contain large amounts of sugar, fat, and salt. So, we should be cautious of how much and how often we eat them. Let’s choose foods that will provide us with energy and nutrients that can help to keep us healthy.
**Action:**
**Ask the following question:**
What foods come to mind when you think about snacking?
*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: cookies, crackers, chips, juice.

**Read the following:**
How many of us like to snack on starchy foods? There are many different varieties of starchy foods that are usually grain-based foods that we can choose from to eat as our snack. Some grain foods that we eat as snacks are cookies, crackers, chips, breads, pastries, and cakes. Some of these foods can be fairly high in sugar, fats, and/or salts. When we choose these kinds of foods as our snacks, we should be cautious of how much and how often we eat them.

Here are some suggestions for healthier starchy snacks that are local favorites. We could have a small bowl of *saimin* and add veggies such as cabbage, green onions, *bean sprouts*, or meats such as *fish cake*, egg, or leftover meat. Another local snack could be a *trail mix* with popcorn, dried fruit, *kaki mochi* or *arare*, cereal, and some nuts. Another simple, but tasty snack can be *poi*, taro, or cooked sweet potato. Oh so good!

How many of us like to snack on *fruit breads* like banana or mango bread? We can enjoy a slice of banana bread with a glass of low-fat or skim milk and a piece of fruit as a healthy snack. How about enjoying half of a *manapua* with some *veggie sticks* or with some local fruits such as mango, lychee, pineapple or papaya. Snacks are fine especially the local healthy kind.

**Action:**
**Have participants repeat the following:**
Everyone repeat after me, “snacks are fine, especially, the local healthy kind.”

"Snacks are fine, especially, the local healthy kind."
Read the following:

Who likes to snack on protein foods such as beef jerky, luncheon meat or hot dogs? We can eat these as our snacks, but we should be aware of how much and how often we eat them. To make protein snacks fun and healthy, we could eat protein snacks with other foods such as fruits and veggies, grains and/or milk.

Here are some protein snack suggestions. We could have some low-fat yogurt with fruit like in a fruit parfait. How about local snack choices such as boiled peanuts or soybeans with a side of dried cuttlefish, scallops, or tako. We can also prepare tuna, egg, chicken, or seafood salad. Mix and enjoy them with sliced cucumbers, tomatoes, onions on crackers or sweet bread. Or how about making a musubi with egg, luncheon meat, or chicken, and then splitting it with a friend? Eating our favorite foods as snacks are great as mini-meals especially when there are fruits and veggies in the mix.

Read the following:

When we are preparing our favorite local healthy snacks, we should remember to handle our foods safely. We can wash our hands with soap and water, and put our foods away quickly.

If we need to defrost food to prepare our snack, such as raw chicken to cook for a chicken musubi, we should defrost the chicken in a sealed container, covered bowl or sealed plastic bag. Then, put it on a plate or bowl overnight on the bottom shelf of our refrigerator. This will prevent the thawing juices from leaking or spilling onto other foods in your refrigerator.

We should never thaw or defrost our foods on the kitchen counter. Instead, we should defrost our foods in the refrigerator since it keeps the food at a safe temperature and can help us avoid getting sick. We can help prevent food poisoning by preparing our foods safely.
Action: What kinds of snacks can we name that would be good to eat and are satisfying?
   *Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: half a sandwich with veggies and a fruit; yogurt with fruit and cereal; fruit salad; hard-boiled egg.

Read the following:
When we are craving something sweet, how about some fruits? Fresh, frozen, canned, dried, and 100% juice are all great. How about adding a scoop of cottage cheese to pineapple or mango, or a slice of papaya? We could also enjoy our fruit with some low-fat yogurt. Doesn't it sound refreshing? When we want something crunchy, how about some veggie sticks, or crisp apples with peanut butter? We can slice up pieces of veggies and fruits such as carrots, celery, cucumber, watermelon, and orange, and store them in the refrigerator. Enjoy these veggies and fruits now or later with dressings or dips at anytime. What great ideas!

Read the following:
How about microwave popcorn as a snack? We could even make our own flavored popcorn. Pour the popped corn into a large bowl, and spray it a few times with a butter flavored spray. Sprinkle some toppings such as, taco seasoning, Parmesan cheese, or cinnamon and sugar, and toss until it’s thoroughly mixed. We can even add furikake and arare to make our own unique local popcorn mix.

Read the following:
How about something to drink? We should try to drink 6 to 8 cups of water every day. In addition to drinking water, we can eat foods that have a high water content or mostly made of water, to add to our fluid intake. Fruits and vegetables like watermelon, cucumbers, celery, and orange to name a few, are especially high in water content. Gelatin desserts plain or with fruit, like almond float, halohalo, and shave ice are also high in water content. But, we must be cautious of how much and how often we eat these foods because they can also contain large amounts of sugar, fat, and salts. We can consume water through a variety of beverages and foods.
Read the following: When we are truly hungry, a snack is fine, but we should portion out our snack. We can then put away the rest because we may lose track of how much we have eaten, and eat too much. Snacks are fine, especially, the local healthy kind.

Action: Everyone repeat with me, “snacks are fine, especially, the local healthy kind.”

Read the following: Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to make my local snacks healthy and satisfying.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to prepare my foods safely so I don’t get sick.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to consume water through a variety of beverages and foods. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That’s the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.