

OTHER HELPFUL TIPS:

- Consider investing in individually packaged, single-serving foods that can help you save time for those inevitable busy days:
 - fresh bananas, clementines
 - bags of sliced fruits & vegetables
 - small fruit cups
 - fruit / vegetable pouches
 - boxes of raisins
 - 100% juice boxes
 - bags of crackers / cookies
 - bowls of cooked rice
 - small milk cartons
 - cheese sticks or wedges
 - yogurt cups or tubes
 - peanut butter to-go cups
 - hummus to-go cups
 - tuna to-go pouches / cans
- Let your child choose what they want for snack from a few healthy options that you select, such as carrot sticks OR cucumber sticks
- Read food nutrition labels and compare products at the store
 - Choose those with less sugar, salt and fat
 - Choose those with more vitamins, minerals and fiber



- Add your own **creative** touch—attach a sticker or memo with a personal drawing to the snack bag that will make your child smile

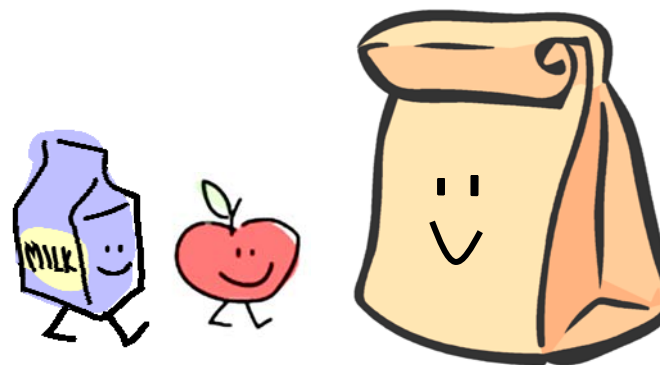


For more tips on meal planning & simple recipes, please visit the NEW website: www.ctahr.hawaii.edu/new

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Munchable Snacks

Tips for packing healthy & yummy snacks





Hawaii Child Care Nutrition Program
Nutrition Education for Wellness Program

Do you find yourself at a loss for what foods to pack for your child's snacks every day? Use this brochure to help you brainstorm ideas for healthy & yummy snacks your child will love!

Help your child get the nutrients they need to grow up healthy & strong by choosing healthful, nutrient-rich foods for snacks every day! Snacks can make up a significant part of your child's daily intake, so try to think of snacks as 'mini meals' & make every bite count!

THE BASICS: Pair together foods from a few different food groups:

Food Group	Examples	
Milk & Dairy	<ul style="list-style-type: none"> Cheese Cottage cheese 	<ul style="list-style-type: none"> Milk Yogurt 
Fruits & Vegetables	<ul style="list-style-type: none"> Fresh (apples, bananas, berries, citrus, melons, papaya, pineapple, bell peppers, veggie sticks, soybeans, etc.) Frozen (berries, peaches, broccoli, carrots, corn, etc.) 	<ul style="list-style-type: none"> Canned (applesauce, fruit cocktail, pears, corn, pineapple, etc.) Dried 100% juice
Grains & Breads	<ul style="list-style-type: none"> Breads, rolls, bagels, pita Biscuits, muffins Cereal (hot, cold) 	<ul style="list-style-type: none"> Crackers Tortilla 
Meats & Proteins	<ul style="list-style-type: none"> Beans, peas Canned meats, poultry, fish Cold cuts / deli meats Egg 	<ul style="list-style-type: none"> Hummus Nuts, nut butters Seeds

HERE ARE SOME EXAMPLES:

- * 1% milk with a banana
- * Cucumber sticks with hummus
- * Cottage cheese with canned pineapple
- * Whole grain bread with peanut butter and raisins
- * Yogurt with berries and granola
- * Tortilla wrap with cheese & beans



Can you think of other examples of healthy snacks? The possibilities are endless! Consider what foods your children enjoy eating, and list other snack ideas you'd like to try here:

- _____ and _____
- _____ and _____
- _____ and _____
- _____ and _____
- _____ and _____

LET'S MAKE HEALTHY CHOICES:

- ⇒ Choose a variety of foods from different food groups & within each food group
- ⇒ Include a rainbow of fruits and vegetables
- ⇒ Drain canned fruits and vegetables before serving
- ⇒ When buying fresh produce, buy those in season - they will usually taste better and be cheaper
- ⇒ Choose whole grains such as whole wheat bread or whole grain crackers, whenever possible
- ⇒ For children two years and older, consider lowfat (1%) or skim (nonfat) milk and other dairy products



LET'S SERVE SNACKS SAFELY:

- ⇒ Offer shelf-stable foods, like breads, crackers, **WHOLE** fruits & vegetables, unopened canned fruit, nut butters
- ⇒ Pack perishable foods in an insulated container or bag with coolants. You can also use frozen water bottles that will defrost in time for snack
- ⇒ Clean insulated containers & bags regularly
- ⇒ Pack milk in insulated bottles to help keep it cold
- ⇒ Avoid potential choking hazards, like popcorn, or slice foods, like grapes or hot dogs (lengthwise into thin pieces) to help keep your child safe

