

Nutritious Nibbles

Fruits and vegetables are the perfect snack. Planning ahead can make **healthy snacking quick and easy!**

DID YOU KNOW?

- 🍌 *Fruits and vegetables are nutrient-rich, full of the vitamins and minerals your child needs to grow.*
- 🍌 *Healthy snacks, like fruits and vegetables, give children the nutrition and long-lasting energy they need to stay focused during a busy day.*

PARENT PREP

- 🍌 Be a role model! Eat healthy snacks with your kids.
- 🍌 Give your child a few different healthy options, and let them choose.
- 🍌 Encourage children to snack at the table. Snacking while watching TV or playing video games can lead to mindless munching: eating too much before you realize it!

SNACK IDEA: *Pre-cut fruits and vegetables are perfect after-school snacks. Use small bags or containers to take them on the go.*

DIP IT! *Mix plain fat-free yogurt with Italian seasoning for **A TASTY AND NUTRITIOUS** vegetable dip. Or, mash pinto beans and add salsa for a savory bean dip.*

WHOA FOODS → USE RARELY OR NEVER!

- 🍌 Salty and sugary snacks, like packaged crackers, cookies, chips, and fruit-flavored gummies or roll-ups, are **WHOA** foods. They provide little nutrition, are high in calories, and will leave kids feeling hungry again before the next meal.
- 🍌 Don't be tempted! Keep **WHOA** foods out of the house. Stock up with healthy fruits and vegetables, and keep them out on the table for easy access.



PLAY WITH YOUR FOOD! *Kids can create their own COMBINATIONS, SHAPES, AND DESIGNS out of healthy snacks: slices of bell pepper and cucumber can be **wagon wheels**; broccoli can be **little trees**. Kids eat with their eyes, so **MAKE IT ATTRACTIVE AND FUN!***