

Sensational Snacks



Sometimes people confuse the word snack with treat. Treats such as chips, cookies and ice cream are best saved for special occasions like dessert after a weekly family reunion.

Snacking on GO foods is a healthy habit that helps children grow. Because young children have small stomachs, they often need two snacks per day: one after breakfast and one after lunch.



What is a Sensational Snack?

- **Choose GO Foods** such as fruits, vegetables, nuts, seeds, whole grains, yogurt or cheese.
- **Choose foods from two or more food groups.** Examples include peanut butter and celery, a yogurt and fruit smoothie, or cheese and crackers.
- **Keep snack sizes to only a couple of handfuls** so that a snack does not become a meal.

Encourage Healthy Eating

- **Be a role model.** Demonstrate healthy snacking habits.
- **Have healthy snacks available.** Keep washed and cut up fruits and vegetables at the front of the refrigerator. Make homemade trail mix and store in an airtight container.
- **Ask your son or daughter for healthy snack ideas** before you go food shopping. Better yet, bring them with you to help choose the snacks.



Here's a sensational snack idea you can make with your child. Depending on how much lemon juice you add, it will taste like lemonade or banana.

Green Machine

- 1/2 banana
- 1-2 Tbsp. lemon juice
- 1 cup washed spinach
- 2 tsp. honey
- 3-4 oz of water

Place all ingredients into a blender and blend until smooth. You may wish to add a few ice cubes if you like your green juice extra cold. Makes approximately 8 oz.



Be creative! You can use different fruits like blueberries, strawberries or mango. If the lemon juice is too tart, try a splash of orange or apple juice.