



Smart Snacking

Smart Snack Ideas

- Fresh, frozen or canned fruit pieces or berries with low-fat yogurt
- Raw, cut up veggies with bean dip
- Whole grain crackers with low-fat cheese or tuna salad
- Graham crackers and a glass of low-fat milk
- Baked tortilla chips with salsa
- Apple slices with peanut butter
- Trail mix

For more information, please contact
your county UW-Extension office:

<http://counties.uwex.edu>

Trail Mix

2 cups unsweetened,
whole-grain cereal

2 cups sweetened cereal
such as Honey Nut
Cheerios or Life

2 cups mini pretzel twists

1 cup dried fruit such as raisins

1 cup peanuts

Directions:

1. Wash hands.
2. Mix together all the ingredients in a large bowl.
3. Store in airtight container in cupboard.
Can be stored in cupboard for about one week, or in freezer for several weeks.



Recipe and photo credit: Iowa State University Extension, <http://www.extension.iastate.edu/foodsavings/recipes/take-along-trail-mx>

Why do snacks matter?

Snacks are “mini meals” that help children get the nutrients they need to grow and be healthy. Experts recommend feeding young children in between meals because they have small stomachs – about the size of one of their fists. Older children may need a boost of energy in between meals to help them focus on school work or be active.

Clearing up confusion on “sometimes foods”

When we hear the word snacks we might think of sweet treats and greasy snack chips. But these foods are examples of “sometimes foods.” They have a lot of calories but few nutrients. It’s OK to consume these foods once in a while but not every day. Eat “anytime foods” such as fruits, vegetables and low-fat milk every day.



Photo credit: Pixabay.com

To cut back on “sometimes foods”:

- Serve water or low-fat milk in place of sweet drinks such as fruit-flavored drinks or sports drinks.
 - Offer fresh fruit or fruit canned in juice for dessert.
 - Serve whole grain, low-sugar cereal and low-fat milk in place of a toaster pastry for breakfast.
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- Be a sugar detective and choose foods lower in added sugar. Look for added sugars in the ingredient list on food packages. One clue, sugars often end in “ose”, for example, sucrose and fructose. Other names for sugar are brown sugar, honey, syrup, corn sweetener and evaporated cane juice.
 - Choose raw veggies with low-fat dip in place of French fries.
 - Offer baked tortilla chips with salsa in place of greasy chips for snacks.

Source: USDA, [Cut Back on your Kids Sweet Treats](http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf), <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf>

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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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