

# Food Fact Sheet

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## Fun Snacks for Home and School

"Mom, I'm hungry!" The snack call happens many times during the day. The after-school snack call is probably the loudest. Whether your child is six or sixteen, the dilemma is the same – What can you give your kids for an after-school snack that won't fill them so much that they won't eat dinner, but will fill them enough to stop them from asking for more? And it's one thing to have good intentions, but sometimes another thing to get your kids to follow through on your ideas! As children get older, it may be even more challenging to get them to eat healthy snacks. Here are a few tips.

### Ten Ways to Encourage Kids to Eat Healthy Snacks:

1. Display the foods you want your kids to eat.
2. Try to keep foods out of the house (or well hidden) that you don't want your kids to eat for snacks on a regular basis (chips, cookies, candy).
3. Make healthy foods easy to eat: the apples peeled and sliced, the oranges cut into sections, the cantaloupes and pineapples in bite-sized cubes.
4. Get your child involved in snack preparation, for example, in making a dip for veggies or cutting cheese into shapes with a cookie cutter.
5. Stick to whole, simple foods as much as possible: fruits, vegetables, cheese, milk. Often the less preparation, the better.
6. Have your child help pick out snack options at the grocery store or fruit stand.
7. Make it fun! Turn snack eating into a game by trying to go through the alphabet and eating a snack beginning with every letter. Or do the same with colors. In the spirit and challenge of the game, kids might be quite happy to eat healthy snacks that fit the next letter or color.
8. For young children, have snacks ready to eat by snack time — this will prevent impulse eating.
9. You are more likely to get older kids to go for your snack if you have it ready when they walk in the door from school. They won't have a chance to think about other(less healthy) alternatives.
10. Give your child choices: "Do you want a bowl of cereal or cheese and crackers?"

## Planning Healthy Snacks:

When planning snacks, the MyPyramid Food Guide is a great place to start.

### Grains

Grains should be the basis of healthy snacking. However, your kids will argue that potato chips, snack crackers, and cup-cakes also fit into the grain category! Here are some ideas for including grains that will make you both happy:

- Bagel with melted cheese
- Baked tortilla chips (such as baked Tostitos)
- Cereal (preferably whole-grain, like Cheerios) and milk
- Snack mix made with pretzels, bran Chex, and nuts
- Whole-wheat toast with butter and jam

### Fruits and Vegetables

The fruits and vegetables food groups follows, and with a little creativity, can provide many great snacks. Don't remind your child that this sort of snack is good for him, and he'll be more likely to eat it!

- Baby carrots and ranch dip
- Fresh fruit sliced and ready to eat
- Fruit shake or smoothie made with frozen fruit (put in hot water for a few minutes) and a cup of milk or yogurt
- Salsa and baked chips (Did you know that salsa is packed with vitamin C?)
- Vegetable soup (This is great in the winter for kids who love veggies.)

### Protein

Protein gives energy that will stick with your child. If a fat juicy steak comes to mind, keep thinking! Most kids don't need any extra saturated fat. Snack time is a good opportunity to give your child beans — a great cheap protein food. Kid-appealing ideas include:

- Refried bean dip (Get spiced refried beans in the can and serve them plain or mixed with low-fat grated cheese. Make a quick layered dip by adding cheese, salsa, or chopped tomatoes, and low-fat or fat-free sour cream.)
- Bean burritos (For more fun, make 'burrito bites.'" After tightly rolling up the burritos, cut them into bite-sized pieces.)

### Dairy

Dairy — most kids don't get enough! Use snack time as a way to boost calcium intake. Besides a cold glass of milk or chocolate milk, try these ideas:

- Cheese is a good source of calcium but tends to be high in fat, so look for

low-fat versions.

- Melt low-fat cheddar over baked chips.
- Melt some low-fat Velveeta and stir in some Ro-Tel tomatoes for a dip.
- Simply serve sliced cheese with sliced apples or pears.
- Yogurt is liked by many kids, mine included. Younger kids tend to enjoy the new custard-style yogurt — and parents enjoy it because it really doesn't spill out of the spoon! You can do other things with yogurt too:
  - Try it as a dip or topping for fresh fruit.
  - Layer with fruit and light whipped topping in a pretty glass for a parfait.

## Fats and Sugars

The group at the top of the pyramid (fats and sugars) is what your kids probably clamor for at snack time. It's your job to skillfully substitute one of the healthier ideas. If that doesn't work, don't despair! It's possible to make even this group healthier!

- Nuts are high-fat but contain other nutrients. They can make a good snack, provided your child can use the extra fat. The good news is that nuts have mono unsaturated fat which is heart-healthy. Peanut butter on wheat crackers or bread is also a popular snack.
- A milkshake made with ice cream still has milk in it as do pudding and custard.
- On the cookie front, oatmeal-raisin and peanut-butter cookies do have more nutrients than most cookies. Quick breads are sweet and can be high-fat. However, if they are made with some healthier ingredients, like zucchini or pumpkin, you can feel better about serving them to your kids.

Snacks can represent a significant part of your child's diet. Make them count!

# SNACKS FOR KIDS

## Goopy ~ Creamy

### RECIPES:

Easy Pizza  
Cheesy Critters  
Fire Ants on a Log  
Peanut Butter & Apple Triangles  
Homemade Peanut Butter  
Creamy Fruit Dip  
Pumpkin Pudding  
Ooey-Gooney Sandwiches

### OTHER IDEAS:

Tuna Salad  
Chicken Salad  
Peanut Butter Sandwich  
Cheese Cubes

## Sweet ~ Juicy

### RECIPES:

Banana Surprise  
Fruitsicles  
Apple Smiles  
Homemade Applesauce

### OTHER IDEAS:

Raisins  
Dried Fruit  
Orange Sections  
Apple Slices  
Pear Slices  
Strawberries  
Plums  
Watermelon



## Spicy ~ Crunchy

### RECIPES:

Big Round Nachos  
Bean Dip and Sticks  
Spiced Apple & Raisin Snack Mix  
Cereal Munch Mix  
Crunch – Munch Mix  
Oven Fried Zucchini Sticks  
Robert's Snack Mix  
Taco Crunch Snack  
Spiders

### OTHER IDEAS:

Peanut Butter Cookies  
Oatmeal Cookies  
Sunflower Seeds  
Pretzels  
Cereals  
Graham Crackers  
Celery with Cheese or Peanut  
Butter  
Popcorn  
Peanuts  
Carrot Sticks

## Wet ~ Smooth

### RECIPES:

Berry Banana Cooler  
Banana Smoothie  
Fruit Magic  
Cosmic Cocoa  
Fruit Soda  
Floating Fruit

### OTHER IDEAS:

Juice  
Fruit Yogurt  
Jello



### **Easy Pizza**

Serves 8 - 110 calories, 3 g Fat,  
16 g Carbohydrates per serving

4 English Muffins, split in half  
½ cup tomato sauce  
1 teaspoon oregano  
4 oz. mozzarella cheese

Spread ½ T. tomato sauce on half of an English Muffin. Sprinkle with a pinch of oregano and top with mozzarella cheese. Bake about 10 minutes at 425°.

Variations: Top with mushrooms, peppers or other toppings. A canned biscuit can be used instead of the English muffin.

### **Cheesy Critters**

Serves 8 - 196 calories, 11 g Fat,  
19 g Carbohydrates per serving

8 slices wheat bread  
8 1-ounce slices cheese

Cut cheese with different cookie cutter shapes and place on bread. Toast or eat as is!

### **Fire Ants on a Log**

Spread celery sticks with light cream cheese. Try different flavored cream cheeses. Top with ants (dried cranberries or raisins). 84 calories, 3 g Fat, 14 g Carbohydrates per serving

### **Peanut Butter & Apple Triangles**

Serves 8 - 150 calories, 9 g Fat,  
16 g Carbohydrates per serving

4 slices wheat bread  
½ cup peanut butter  
½ cup chopped apple

Cut bread diagonally to form triangles. Mix

peanut butter and apples together and spread on bread. Top with another bread triangle.

### **Homemade Peanut Butter**

1 cup roasted, unsalted peanuts  
2 T. vegetable oil  
¼ t. salt

Shell the roasted peanuts. Put in blender, add oil and salt. Grind until smooth. Spread in wheat bread, crackers, apples or celery. 51 calories, 6 g Fat, .5 g Carbohydrates per serving

### **Creamy Fruit Dip**

*For all those kids who love to dip.*

Serves 16 - 74 calories, 5 g Fat,  
3 g Carbohydrates per serving

8 ounces light cream cheese, softened  
1/3 cup fruit juice concentrate, thawed  
Favorite fruits for dipping

Combine cream cheese and fruit juice concentrate in a mixing bowl and mix with a wire whisk or mixer until smooth. Clean, peel, slice and section fruits for dipping, as needed. Dip away with your favorite fresh fruits! Any flavor of fruit juice concentrate can be used.

### **Pumpkin Pudding**

*The easiest pudding you'll ever make!*

Serves 6 - 175 calories, 1.5 g Fat,  
38 g Carbohydrates per serving

2 cups pumpkin pie filling  
1½ cup vanilla yogurt  
Whipped topping  
Teddy Grahams for garnish

Combine pie filling with yogurt. Stir well with spoon. Garnish with whipped topping and Teddy Grahams.

### Ooey Goey Sandwiches

Serves 4 - 139 calories, 4.5 g Fat, 21 g Carbohydrates per serving

4 slices wheat bread  
3 t. peanut butter  
Chocolate chips

Spread a thin layer of peanut butter on 2 slices of bread. Top with 8 chocolate chips. Cover with other slices of bread. Heat the sandwiches in the oven until the chips start to melt. Slice in half.

### Banana Surprise

Serves 8 - 181 calories, 9 g Fat, 22 g Carbohydrates per serving

4 bananas  
16 Graham cracker squares  
½ cup peanut butter  
8 popsicle sticks

Crush the Graham cracker squares in a zip lock bag. Cut bananas in half and stick a popsicle stick into the cut side. Spread a thin coat of peanut butter on the banana and dip in the cracker crumbs. Place on cookie sheet and put in freezer. Freeze and eat.



### Fruitsicles

Serves 8 -



58 calories, 0 g Fat, 14 g Carbohydrates per serving

3 cups fruit juice  
1 cup canned fruit  
8 - 5 oz. paper cups

Mix fruit and juice together in a blender or with a mixer. Pour ½ cup into paper cups. Cover with plastic wrap and slit a hole in center of wrap. Insert a popsicle stick in the slit. Freeze until hard.

### Apple Smiles

Serves 8 - 169 calories, 8 g Fat, 23 g Carbohydrates per serving

8 small apples  
8 T. peanut butter  
Miniature marshmallows

Wash, core and slice apples. Spread on peanut butter and top with 3 or 4 marshmallows. Top with another apple slice with the peanut butter side down.

### Homemade Applesauce

Serves 8 - 61 calories, 0 g Fat, 17 g Carbohydrates per serving

4 large apples  
3 T. honey  
2 t. cinnamon

Peel, core and chop the apples into small chunks. Place in a saucepan and cook in ½ inch of water. Add honey and boil and stir. Cook until apples are tender, about 15 minutes. Stir apples to create a chunky applesauce or put in blender and puree for a smooth applesauce. Sprinkle with cinnamon.

### Big Round Nachos

Serves 8 - 106 calories, 5 g Fat, 11 g Carbohydrates per serving



8 tostada shells  
2 ounces cheddar cheese  
½ cup refried beans

Grate cheese and set aside. Gently spread tostada shells with refried beans. Place on cookie sheet and top with grated cheese. Heat at 400° until cheese melts.

½ cup chopped nuts  
½ cup dried apple slices, chopped  
½ cup dried apricots, chopped  
1 cup raisins  
½ cup mini chocolate chips

Combine all ingredients in a bowl and toss lightly to mix.

### Bean Dip and Sticks

Serves 8 - 29 calories, 0 g Fat,  
6 g Carbohydrates per serving

1 cup pinto beans, cooked  
1 t. vinegar or lemon juice  
¼ to ½ t. chili powder  
¼ to ½ t. cumin  
1 t. dried onion

Mash beans in a bowl with a fork or potato masher. Add other ingredients and mix well. Serve with carrot or celery sticks.

### Spiced Apple & Raisin Snack Mix

Serves 10 - 132 calories, 1.5 g Fat,  
62 g Carbohydrates per serving

4 cups Quaker Oat Squares cereal  
4 cups Quaker Cinnamon Life cereal  
2 cups dried apple chunks  
1½ cups raisins  
2 t. cinnamon

In a zip lock bag, combine the dried apples and cinnamon. Shake to mix. Add to the cereals and store tightly covered in the refrigerator.

### Cereal Munch Mix

Serves 16 - 158 calories, 6 g Fat,  
27 g Carbohydrates per serving

8 cups cereal (Alphabets, Cheerios,  
Crispix)

### Crunch - Munch Mix

*A quick, yummy snack for a party.*

Makes: about 15 cups - 47 calories,  
1 g Fat, 8 g Carbohydrates per serving

2 bags popped light popcorn  
5 cups small pretzel twists  
1 tablespoon olive oil  
1 tablespoon ranch-flavored dressing mix

In a very large bowl, toss popcorn and pretzels. Slowly drizzle half of the olive oil and mix with spoon. Repeat with rest of oil. Sprinkle with half of dressing mix. Toss with 2 big spoons or hands. Repeat with remaining dressing mix.

### Oven-Fried Zucchini Sticks

*What a great way to eat vegetables! They almost taste too good to be healthy!*

Serves 4 - 103 calories, 4 g Fat,  
21 g Carbohydrates per serving

Cooking spray  
½ cup Italian bread crumbs  
2 T. grated Parmesan cheese  
¼ teaspoon garlic powder  
3 medium zucchini  
½ cup water or milk  
1 cup spaghetti sauce or ranch dressing



Preheat the oven to 450°F. Spray a cookie



sheet with cooking spray. Place bread crumbs, cheese and garlic powder in a zip-lock bag; shake well to combine. Set aside. Cut each zucchini lengthwise into 8 pieces; cut each piece in half. Fill a saucer with water or milk. Dip each zucchini stick in water or milk and drip into the bag of crumb mixture. Shake until coated on all sides and place on the cookie sheet. Repeat with the rest of the sticks. Bake for 10 to 15 minutes or until brown and tender. Serve with warm spaghetti sauce or ranch dressing.

### Robert's Snack Mix

Serves 11- 143 calories, 5 g Fat,  
19 g Carbohydrates per serving

2 cups Life cereal  
2 cups Corn Bran cereal  
½ cup peanuts or mixed nuts  
1 cup dried fruit

Combine all ingredients and mix well. Keep in an airtight container.

### Taco Crunch Snack

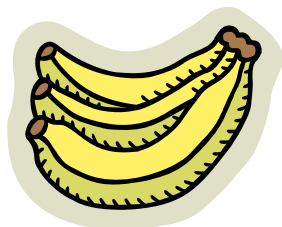
Serves 20 - 91 calories, 5 g Fat,  
13 g Carbohydrates per serving

3 T. oil  
4 cups cheese crackers  
4 cups popped corn  
2 cups small pretzels  
1 to 2 T. taco seasoning mix

Mix cheese crackers, popcorn and pretzels together in a big bowl. Drizzle with part of the oil and toss. Repeat with the rest of the oil. Slowly sprinkle with taco seasoning mix, a small amount at a time, and toss. Season to taste.

### Spiders

Make peanut butter



sandwiches with round whole-grain crackers. Insert pretzel sticks into peanut butter filling to make legs.

### Berry Banana Cooler

Serves 8 - 87 calories, 0 g Fat,  
22 g Carbohydrates per serving

1 - 10 oz. pkg. frozen strawberries, thawed  
1½ cups orange juice  
1½ cups lemonade  
2 ripe bananas, cut into chunks

Place ingredients in a blender and blend until smooth. Pour into 6 ounce cups and serve.

### Banana Smoothie

Serves 10 - 89 calories, 0 g Fat,  
22 g Carbohydrates per serving

4 cups chilled orange juice  
4 small bananas  
½ t. vanilla

Place all ingredients in a blender and blend until smooth. Pour into 6 ounce cups and serve.

### Cosmic Cocoa

Serves 24 - 112 calories, .5 g Fat,  
20 g Carbohydrates per serving

4 cups nonfat dry milk  
1 cup cocoa  
1 cup sugar

Stir together until ingredients are well mixed. Use 3 tablespoons to a cup of hot water — not boiling. Serve cold for chocolate milk. Store in can or jar with a tight lid.

### Fruit Soda

Serves 6 - 28 calories, 0 g Fat,  
7 g Carbohydrates per serving

1 12 ounce can fruit juice concentrate, any flavor

1 32 ounce bottle club soda

Pour juice concentrate into a large pitcher. Slowly add club soda. Stir gently and stir immediately.

### **Floating Fruits**

Pineapple, pear and peach chunks  
(For more color, try cherries, strawberries,  
mandarin oranges, etc.)  
Lemon - lime soda

Place chunks of fruit in each section of ice cube tray. Fill tray with lemon lime soda. Freeze 3 hours, or until frozen firm. Place fruit cubes in a tall glass and fill glass with more lemon lime soda.