
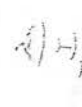







Some tips to remember:

- ③ Treat a snack like a small meal, avoid empty calorie foods. A serving size is about $\frac{1}{2}$ cup or the size of a tennis ball.
- ③ Make snacks together with your children!
- ③ Choose snacks that include whole grains, vegetables and fruits, and are lower in fat and sugar.
- ③ Send home shopping lists with ideas for healthy foods.

Healthier Snacks and Party Foods for School Age Children

Instead of ⇨	Gelatin	Ice Cream	Pie	Soda	Other
Try ⇨	<p><u>Homemade Gelatin</u> Mix $\frac{1}{2}$ cup of 100% fruit juice with 1 tablespoon unflavored gelatin in a medium saucepan. Heat and stir until gelatin dissolves. Remove from heat. Stir in remaining $1 \frac{1}{2}$ cups juice. Pour mixture into serving glasses and refrigerate.</p> <p>CS</p> <p>Snack size applesauce Try sprinkling wheat germ on top.</p> 	<p>Frozen yogurt or low fat ice cream topped with berries and whole grain cereal like Grape Nuts</p>  <p><u>Yogurt pops</u> Mix low fat yogurt with pureed strawberries. Pour into small paper cups. Place popsicle sticks in the center, cover with foil and freeze.</p> <p>CS</p> <p>Low fat yogurt layered with whole grain cereal and cut up fruit</p>  <p> pudding made with low fat milk</p>	<p><u>Baked fruit</u> Cut an apple or pear in half, sprinkle with cinnamon and a little brown sugar or real maple syrup. Bake until soft.</p> <p>CS</p> <p><u>Poached Pears</u> Poach pears in apple juice and cinnamon</p>  <p> pudding made with low fat milk and topped with crushed graham crackers</p> <p>CS</p> <p>Fruit crisp</p> 	<p><u>Fruit smoothies</u> Low fat milk, yogurt, or soy milk blended with fresh or frozen fruit</p>  <p>Hot chocolate made with low fat milk or soy milk</p> <p>CS</p> <p>Warm apple cider flavored with lemon zest and a cinnamon stick</p> <p>CS</p> <p><u>Fruit Fizzies</u> Combine 3 parts 100% fruit juice with 1 part mineral water. Cherry, grape and orange juice work well. Add a frozen berry as the ice cube.</p> <p>CS</p> <p>Vegetable juice with a squeeze of lemon juice</p>	<p>For a party, have a salad bar where each student can build his or her own healthy salad</p> <p>CS</p> <p>For birthday parties, one teacher lets the birthday child pick a recipe from a healthy cookbook (i.e. Healthy Latino Recipes). The child's parent or caregiver brings the ingredients to school. The child chooses three classmates to help make the recipe for fellow students.</p> 

Instead of ⇨	Candy	Chips	Cookies	Cream-filled Snacks Cakes or Doughnuts	Dips
Try ⇨	<p>Peanut butter on apple wedges, banana or celery. Add raisins or dried cranberries.</p> <p>Fresh, canned or dried fruit</p> <p>Frozen banana chunks, pineapple chunks, blueberries or grapes</p> <p>Trail mix made with whole grain cereal, nuts, sunflower seeds, and dried fruit</p> <p>Cut up fruit threaded on bamboo skewers or toothpicks (You may wish to snap off the sharp points)</p> <p>Baked sweet potato</p>	<p>Baked corn tortilla chips, light popcorn, pretzels, or rice cakes</p> <p>Pita bread stuffed with tuna salad, lettuce and tomatoes</p> <p>Whole grain crackers or breadsticks with part skim mozzarella cheese sticks</p> <p>Raw vegetables served with a low fat dip</p> <p>Tortilla with refried beans, salsa, low fat cheese and leaf lettuce</p> <p>Mini pizza made with English muffins or pita bread and low fat cheese</p>	<p>Plain fortune cookies</p> <p>Peanut butter sandwich with sliced banana or apple</p> <p>Whole wheat apricot or fig bars</p> <p>Graham crackers, gingersnaps or vanilla wafers</p>	<p>Homemade lower fat breads such as banana nut, pumpkin, or zucchini</p> <p>Bagels with hummus or low fat cream cheese and raisins</p> <p>Homemade lower fat banana, carrot, or pumpkin muffins</p> <p>Open faced sandwiches spread with light cream cheese and decorated with cut up fruits (fresh, canned or dried), vegetables, nuts and seeds</p>	<p>Plain low fat or nonfat yogurt with favorite dip mix</p> <p>Low fat salad dressing</p> <p>Low fat hummus or bean dip</p> <p>Season a mixture of low fat mayonnaise and low fat plain yogurt with your favorite herbs</p> <p>Fresh tomato or mango salsa</p>



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the California Nutrition Network. The Food Stamp Program provides nutritional assistance to people with low income. It can help buy you nutritious foods for a better diet. To find out more, contact your local food stamp office at 415-558-4186.