



# EXTENSION

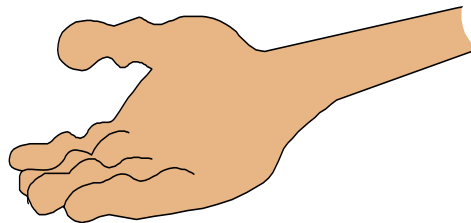
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## Parents Are a Child's First Teacher Handy Snacking

No matter how well your children eat at school, by the time most children get home in the afternoon, they are hungry again! For most children this is completely normal and healthy. They are growing fast. They use a lot more energy running around. And their stomachs are much smaller than an adult's.



That's why children do need to snack. They should eat something to help them grow at least every 3 hours. You can help them grow by keeping healthy snacks ready for them to eat. Pick and prepare snack foods that will help them grow, not just sweets and salty snacks.



If you want an idea of how large your child's stomach is, ask them to make a fist. Compare the size of their little fists to your big fists. See! That's about their stomach size too! They have to put enough good

food in that little space



to grow strong bones and muscles,



to develop a smart brain and sensitive nerves,



to develop their immunity and



still have the energy to run and play!

### Healthy Snack Ideas

- Fruit - fresh or canned, whole or sliced
- Crackers, Tortillas or Whole Wheat Bread
- with: Cheese,
- Peanut butter or hummus,
- Slices of low-fat luncheon meat, or
- Refried beans
- Animal or graham crackers
- Fresh vegetable sticks with dip
- Toast with peanut butter
- Yogurt - low fat
- Cereal - low sugar
- Milk - low fat
- Popcorn, pretzels for older children

Remember, a snack is a LITTLE bit to eat. It is not a whole meal. So 1 tortilla with 1 slice of cheese is a good snack.

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It can be hard to encourage children to choose a healthy snack. They only know what tastes good to them, not what will make them grow.

### To Encourage Healthy Snacking:

Keep only healthy snacks on hand.  
Have cut up fruit in the refrigerator.  
Have chopped vegetables in the 'fridge.  
Keep them in cups or baggies, ready to grab.  
Keep them on the lower shelf, where children can reach them easily.

Eat healthy snacks yourself!

Don't keep candy, chips or sodas at home.

## Handy, Healthy Snack Dips

### What you need for 4 people:

1 cup dry-curd, low-fat cottage cheese  
½ cup fat-free plain yogurt

Pick one of these seasonings for a dip for vegetables:

2 Tablespoons dry Ranch dressing mix  
2 Tablespoons dry onion soup mix  
½ teaspoon powdered garlic  
3 Tablespoons Parmesan cheese  
2 Tablespoons Italian or Pizza seasoning mix

For a dip for fruit, use

2 Tablespoons lemon juice and  
2 Tablespoons honey or sweetener

Fresh veggie sticks or fruit slices

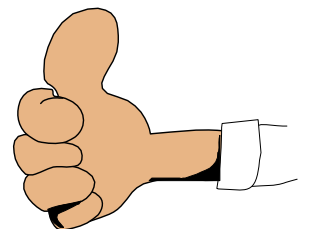
Middle-sized bowl  
Measuring cups  
Measuring spoon  
Fork

### What you help your child do:

Put the cottage cheese and the seasoning of their choice in a bowl.  
Mash with a fork to break up the lumps.  
Stir in the yogurt.  
Mix it up well.  
Put some plastic or a small plate over the bowl and put it in the refrigerator.  
Let it sit for at least 1 hour so the flavors get all mixed up together too.

Serve with slices or sticks of fresh fruit or vegetables.

Eat and enjoy!



It's okay to let children touch and handle their food, especially if it's something new or different for them. If they can touch it, smell it,

feel it, pinch it, they are more likely to try to eat it too! And if you can, have 2 or 3 things ready so that they can choose which one they want. If you can only have one thing, let them choose one week what they want to have next week.



Often if children can eat their vegetables or fruit with a dip they will eat more of it. Dips make food more fun and interesting. Commercial dips are often high in salt or fat, so here are some healthy dips you can make at home. Let your children help you measure and mash the cottage cheese. If they helped make it they're more likely to try it!