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## Snack Attack!

Snacking can be an important part of a healthy diet. Snacks help with between meal hunger and can also add important nutrients to your diet. Snacking is especially important for children because they need a lot of calories to help them grow. In fact, about 20 percent of a child's energy and nutrients comes from snacks. Eating healthy snacks early in life is important because the foods that children choose now often set the stage for what they will choose later on.

### What Makes a Healthy Snack?

Choose from each of the major food groups.

#### Grain Group

- Pretzels
- Graham crackers
- Low-sugar cereals

#### Fruit Group

- Dried fruit
- 100% fruit juices
- Fruit slices

#### Vegetable Group

- Chopped raw veggies with low-fat dressing

#### Milk Group

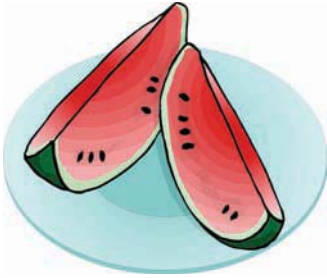
- Fat-free or low-fat milk and yogurt
- Low-fat cheese

#### Meat Group

- Peanut butter
- Hard-boiled eggs



## Tips for Smart Snacking



- ◆ **Keep snacks from the major food groups handy.** Raw chopped vegetables, 100 percent fruit juice, peanut butter, hard-boiled eggs and fat-free or low-fat milk, yogurt and cheese are examples.
- ◆ **Let snacks fill in the gaps.** If your child misses juice for breakfast, offer fruit at snack time.
- ◆ **Time snacks carefully.** Snacks should be offered 2 to 3 hours before meals so your child will be hungry for lunch or dinner.
- ◆ **Keep snacks small.** If your child is still hungry, he or she can ask for more. Let your child decide what's enough.
- ◆ **Go easy on sugary drinks.** Offer fat-free or low-fat milk, 100 percent fruit juices or water as snack drinks. Soft drinks and fruit drinks that aren't 100 percent juice can crowd out foods your child needs to grow and stay healthy.

Can you find the healthy fruit group snacks hidden below?

Q O H S H K I Z T F T D X I D  
D R I E D F R U I T S P G E J  
U S G R A P E S O Q I V W Q V  
B N Q L A P P L E S A U C E Y  
S K N U H C E L P P A E N I P  
Z W V W U H P E W G O K Y G R  
Z S T R A W B E R R I E S P L  
U D S A N A N A B H Q F M W R  
I F A Q K Q E S Y K P C O Z I  
Z U T V Y F C T L Y K S S V W

APPLESAUCE  
BANANAS  
DRIED FRUITS  
GRAPES  
PINEAPPLE CHUNKS  
STRAWBERRIES

## Food Safety Corner



### Kitchen Safety Preventing Fires

- ◆ Never leave food cooking on your stove or in your oven when you leave home, and stay in the kitchen whenever anything is cooking.
- ◆ Turn off stoves and appliances as soon as you are finished using them. Unplug electrical appliances when they are not in use.
- ◆ Built-up grease catches fire easily. Wipe appliance surfaces after spills, and clean stove surfaces and ovens regularly.



## Right Bite Recipe

### Graham Cracker Scram

#### Ingredients

- 2 low-fat vanilla graham crackers
- Peanut butter
- 1/2 banana

#### Directions

1. Spread peanut butter on one graham cracker.
2. Slice banana and put slices on top of peanut butter.
3. Top with other cracker.

To add another food group, offer a glass of fat-free or low-fat milk along with this snack.

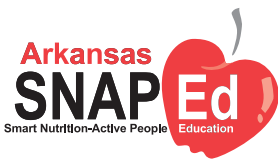
## Fun and Easy-to-Make Snack Ideas!

**Milk Shake-Ups:** Pour fat-free or low-fat milk, 100 percent fruit juice and ice in a covered container and shake.

**Fruit Juice Pops:** Freeze 100 percent fruit juice in small paper cups or ice cube trays.

**Crunchy Banana:** Peel banana. Roll in low-fat yogurt and low-sugar cereal and freeze.





**Peanut Butter Logs:** Fill celery with peanut butter.



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## Smart Snacking

### Improve Your Health Without Great Wealth

Healthy Choice	Price Per Serving	Nutrition Facts	Other Choice	Price Per Serving	Nutrition Facts
 Orange	\$.55	70 calories 0 fat	Orange Cupcakes	\$1.29	410 calories 14 g fat
 Banana	\$.26	120 calories 1 g fat	Banana Walnut Mini-Muffins	\$1.00	260 calories 16 g fat
 Carrot	\$.15	33 calories 0 fat	100-Calorie Carrot Snack Cakes	\$.66	100 calories 2.5 g fat
 Apple	\$.42	80 calories 0 fat	Apple Fruit Pie	\$1.29	470 calories 20 g fat

**Note:** Prices may vary due to seasonality, availability and location. Prices based on a major grocery store and convenience store in Little Rock, Arkansas, June 2013.

For more information on food, nutrition or health, contact your county Extension office or visit [www.uaex.edu](http://www.uaex.edu).