












## Healthier Snacks and Party Foods for School Age Children



Some tips to remember:

- ☼ 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.
- ☼ Make snacks together with your children!
- ☼ Choose snacks that include whole grains, vegetables and fruits, and are lower in fat and sugar.
- ☼ Send home shopping lists with ideas for healthy foods.

Instead of ⇨	Gelatin	Ice Cream	Pie	Soda	Other
Try ⇨  	<p><u>Homemade Gelatin</u>            Mix <math>\frac{1}{2}</math> 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 <math>1 \frac{1}{2}</math> cups juice. Pour mixture into serving glasses and refrigerate.</p> <p>☮</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>☮</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>☮</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>☮</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>☮</p> <p>Warm apple cider flavored with lemon zest and a cinnamon stick</p> <p>☮</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>☮</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>☮</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 Snack Cakes or Doughnuts	Dips
<p><b>Try ⇨</b></p> 	<p>Peanut butter on apple wedges, banana or celery. Add raisins or dried cranberries.</p>	<p>Baked corn tortilla chips, light popcorn, pretzels, or rice cakes</p>	<p>Plain fortune cookies</p> 	<p>Homemade lower fat quick breads such as banana nut, pumpkin, or zucchini</p>	<p>Plain low fat or nonfat yogurt with favorite dip mix</p>
	<p>Fresh, canned or dried fruit</p> 	<p>Pita bread stuffed with tuna salad, lettuce and tomatoes</p>	<p>Peanut butter sandwich with sliced banana or apple</p>	<p>Bagels with hummus or low fat cream cheese and raisins</p>	<p>Low fat salad dressing</p> 
	<p>Frozen banana chunks, pineapple chunks, blueberries or grapes</p>	<p>Whole grain crackers or breadsticks with part skim mozzarella cheese sticks</p>		<p>Homemade lower fat banana, carrot, or pumpkin muffins</p>	<p>Low fat hummus or bean dip</p>
	<p>Trail mix made with whole grain cereal, nuts, sunflower seeds, and dried fruit</p> 	<p>Raw vegetables served with a low fat dip</p> 	<p>Whole wheat apricot or fig bars</p>		<p>Season a mixture of low fat mayonnaise and low fat plain yogurt with your favorite herbs</p>
	<p>Cut up fruit threaded on bamboo skewers or toothpicks (You may wish to snap off the sharp points)</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>Graham crackers, gingersnaps or vanilla wafers</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>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 nutrition 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.