



# May 2014



## Snack Attack!

www.communitybridges.org

Children have fast metabolisms so snacks are an important part of their daily food intake. Healthy snacks planned between meals will help to keep children satisfied all day long whether learning, playing or resting. Parents and caregivers can make healthy snacks by simply combining two or more foods from the basic food groups to create a “mini-meal.”

- Stick with the basics and avoid salty, sugary, highly processed “snack” foods and drinks.
- Don’t allow children to graze between scheduled snacks and meals.
- If you are not already serving “family style,” where children serve themselves from plates and bowls passed around the table, then snack time is an excellent opportunity to give this method a try. Children will learn many important skills such as how much food to serve themselves, sharing, scooping, pouring, counting and helping their neighbor.

Source: Child Care Food Program Roundtable

### Annual Training

It’s not too late to sign-up for **web training**. Here’s what providers are saying:

- “Love the online training!!! Thank you.”
- “Very informative and convenient”

Interested? Call your Program Consultant Today!

### Have kids create their snacks!

Source: Let’s Move Child Care

- **ants on a log** (celery topped with peanut butter and raisin “ants”)
- **egg boats** (hard-boiled egg wedges topped with a cheese sail)
- **veggie faces** (like cucumber eyes, tomato nose, green bean mouth, and shredded carrot hair)
- **friendship fruit salad** (every child has a whole or cut-up fruit and it all gets mixed together)
- **gone bananas** (dip a banana in yogurt, then roll in crushed cereal and freeze)
- **treasure pockets** (stuff a whole-grain pita pocket with ricotta cheese and thin apple slices. Add a dash of cinnamon)
- **sweet dip** (dip graham crackers into applesauce)
- **mountains of peaches** (toast a whole grain waffle and top with low-fat yogurt and sliced peaches)
- **yogurt delight** (dip strawberries or apple slices into low-fat yogurt)



### Did you Know!

- Snacks are a great way to help children reach their recommended minimum daily servings for each food group. Studies show children receive an impressive 27% or more of their calories from snacks. Make them count.
- Beverage, candy and fast food advertising expenditures exceed 11 billion dollars per year.
- Researchers at Yale University found children consumed 45% more food when exposed to food advertising.



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