

# Munch Minute

EASY INFORMATION FOR PARENTS



## HEALTHY SNACK TIPS

### What makes a snack healthy?

- Plan for 2-3 fruits/veggies and 1 protein or whole grain.
- Offer cheese, nut/seed butters, yogurt or hummus for protein.
- Avoid processed meats. Deli meats, hotdogs and sausages have high levels of sodium and preservatives.
- Offer fruits and veg first. When we're really hungry we'll eat more of them!
- Choose whole grain items like pita bread, whole wheat toast or tortilla shells. When choosing crackers, choose whole grain options with low sodium and no trans fat.



When kids are thirsty, offer water.