

December 2021

# EAT BETTER FOR LESS



## Share the Gift of Healthy Eating with the Kids in Your Life

Kids are experts at snacking! When they are home on school breaks or visiting for the holidays, it helps to plan ahead. Because children have smaller stomachs, they need the energy and nutrients provided by mini-meals or snacks. Here are some strategies for selecting healthier options:



### Plan snacks as part of daily food choices

Provide choices from several food groups and schedule regular snack times and amounts, rather than let children nibble all day.



### Limit snacks that are high in sugar, fat, and salt

Look for snacks that have 2 or more grams of fiber, and 10% of the Daily Value for Vitamin A, Vitamin C, Calcium, or Iron.



### Create a snack station

Package your own ready-to-go snacks or allow children to make their own snacks, then portion them into small plastic bags or reusable plastic containers.



### Be a role model

Children learn most by seeing and doing. You can set the stage for their healthy future with food by practicing healthy eating behaviors like eating vegetables, getting physical activity, and enjoying breakfast and healthy snacks.



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Purduenep



Purdue Extension Nutrition Education Program



Provide chefs-in-training opportunities to cook. Let kids help pick out fruits, vegetables, and dairy foods to try and then include them in the snack preparation. This recipe is an easy to get them started.

### Fruit Pizza

#### Ingredients

- 1 English Muffin (try whole grain)
- 2 tablespoons reduced fat or fat-free cream cheese
- 2 tablespoons sliced strawberries
- 2 tablespoons blueberries
- 2 tablespoons crushed pineapple

#### Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served immediately. Refrigerate leftovers within 2 hours.

Resources: <https://store.extension.iastate.edu/product/4605>, <https://www.eatgathergo.org/recipe/fruit-pizza/>