Nutritious Nibbles

Fruits and vegetables are the perfect snack. Planning ahead can make healthy snacking quick and easy!

**DID YOU KNOW?**
- Fruits and vegetables are nutrient-rich, full of the vitamins and minerals your child needs to grow.
- Healthy snacks, like fruits and vegetables, give children the nutrition and long-lasting energy they need to stay focused during a busy day.

**PARENT PREP**
- Be a role model! Eat healthy snacks with your kids.
- Give your child a few different healthy options, and let them choose.
- Encourage children to snack at the table. Snacking while watching TV or playing video games can lead to mindless munching: eating too much before you realize it!

**SNACK IDEA:** Pre-cut fruits and vegetables are perfect after-school snacks. Use small bags or containers to take them on the go.

**DIP IT!** Mix plain fat-free yogurt with Italian seasoning for a tasty and nutritious vegetable dip. Or, mash pinto beans and add salsa for a savory bean dip.

**WHOA FOODS ➔ USE RARELY OR NEVER!**
- Salty and sugary snacks, like packaged crackers, cookies, chips, and fruit-flavored gummies or roll-ups, are WHOA foods. They provide little nutrition, are high in calories, and will leave kids feeling hungry again before the next meal.
- Don’t be tempted! Keep WHOA foods out of the house. Stock up with healthy fruits and vegetables, and keep them out on the table for easy access.

**PLAY WITH YOUR FOOD!** Kids can create their own combinations, shapes, and designs out of healthy snacks: slices of bell pepper and cucumber can be wagon wheels; broccoli can be little trees. Kids eat with their eyes, so make it attractive and fun!