

Choose Healthy Snacks

Title: Choose Healthy Snacks (After School)!

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Audience: Children, Adults

Objective: Provide easy ideas for eating healthy snacks

Handout: Copies of the two recipes used in the bulletin board

Interactive component: -Offer samples of frozen grapes, no-nuts cereal snack, apples or bananas with or without peanut butter
-Let children make the no-nuts cereal snack

Background: The Division of Responsibility Reference books by Ellen Satter contain a thorough discussion of raising healthy eaters using the division of responsibility. The Cent\$ible Nutrition cookbook also has information (page 341). Parent can often prevent power struggles over food when they honor the division of responsibility. Children need to know plenty of food will be provided, and at a predictable time. This "food security" will help to prevent obesity in later life.

Parent Responsibility: What to Serve If a parent offers healthy food choices, it doesn't matter what a child chooses, every choice will be good. Children should be allowed to choose what foods they will eat. This develops decision making skills, builds confidence, and eliminates power struggles. Classes can be obtained through The Cent\$ible Nutrition Program to assist in making good food choices (www.uwyo.edu/centsible). Information from the federal MyPyramid can be found at www.mypyramid.gov to assist parents and children on good choices. A good "snack system" for children would be to offer a small, healthy snack mid-morning, mid-afternoon, and before bed.

Resources:

- The Cent\$ible Nutrition Program, www.uwyo.edu/centsible
- MyPyramid www.mypyramid.gov
- Satter, Ellyn. *Child of Mine: Feeding with Love and Good Sense*. Bull Publishing, Palo Alto, California, 1986

- Satter, Ellyn. *How to Get Your Child to Eat...But Not Too Much*. Bull Publishing, Palo Alto, California, 1987

Credits: Background information was taken from the Cent\$ible Nutrition Program Curriculum, Feeding Young Children

Evaluation Request: Wyoming SNAP hopes you find this information useful in your educational setting. We appreciate any and all comments or feedback on this display. Please connect and complete a quick survey at

<https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=p21L8o6K>.

Related files: Choose Healthy Snacks

- Display elements
- Photograph of display
- Handouts