**How can we get on track for healthy snacks?**

**Snack Attack**

*Healthy snacks give us fuel to learn, go, and grow.*

### **STEP 1**
**SPY Snack Habits!**

At your house, do you spy these snacking habits: Nibbling while watching TV, or talking on the phone, or eating when bored?

BEGIN A NEW WAY OF THINKING!

### **STEP 2**
**Role Model Healthy Choices!**

Set your own healthy snack habits. Think “what, when, where and why” when it comes to a Snack Attack! Kids learn by your lead!

### **STEP 3**
**THINK about More or Less! All foods fit when you choose:**

MORE: Fruits and veggies

LESS: Sugary and high-fat foods like sugary drinks, candy, and chips

**More or Less – What’s YOUR Serving Size?**

How much is just right? A good size snack...

- Gives kids a “pick-me-up” without spoiling their appetite for the next meal.
- Varies with age and the amount of activity. What works for a 4-year-old, won’t be the same for a 16-year-old!

**Tips to a HEALTHY Size:**

- Turn off the TV. Without the distraction, it’s easier to recognize if you’re eating too much.
- Check labels for the number of servings and size. Measure a serving to check it out!

### **STEP 4**
**Let Kids Help Choose**

Together, plan healthy snacks, write a grocery list, and shop.

**Whiz Kids’ Healthy Ideas!**

- Frozen mini-waffles with peanut butter spread
- Flour tortilla with low-fat cheese and veggie salsa
- Cheese sticks, apple slices, pretzels
  **$ Savings:** Cut your own low-fat sticks from a block of mozzarella cheese.
- Cereal and low-fat milk in the afternoon!
  **Add sliced bananas or other fruit**
- Chopped peaches or other fruit
- Sprinkle with crushed graham cracker and top with a spoonful of low-fat pudding
- Applesauce Slush, cheese slice, crackers
  **For Applesauce Slush:** Mix ½ cup applesauce and ½ cup orange juice. Freeze until icy. Makes 1 serving.

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**Create a Family Snack Attack Plan!**

- Plan and shop for healthy snacks together.
- Set regular snack times.
- Turn off the TV at snack time.
- Keep a list of healthy ideas handy.

**More or Less Often Family Talk:**

*Discuss snack choices.*

List current fruit and veggie snack choices that could be eaten more often.

__________________________

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__________________________

List current sugary and high-fat food choices that could be eaten less often.

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Resources

**5-A-Day, Produce for Better Health**, [www.5aday.com](http://www.5aday.com)
Tasty fruit and vegetable snack ideas:

Unique and fun healthy snack ideas

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### Snack in a Glass

**Ingredients:**
Prepared vanilla pudding
Sliced fruits of your choice

**Suggestions:**
- Banana or kiwi slices
- Frozen strawberries, blueberries or raspberries
- Crushed pineapple
- Chopped peaches or fruit cocktail

Place ingredients in a small 8-12 oz. clear glass, so you can see the layers!

Alternate fruit and pudding layers: Place sliced or chopped fruit at the bottom of the glass and top the fruit with one spoonful of pudding. Continue alternating fruit and pudding until the glass is full. Enjoy your colorful, healthy creation!

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### Fit & Fun Family Goals

**Fit & Fun Family Goals**

Write family thoughts and goals for a “Snack Attack Plan.” It’s okay to start simple. Choose one or two goals now!

**Set regular snack times.**
Besides regular snack times, if nibbling is a problem, are there other ways to break the habit?

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<th>Goal:</th>
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**Turn off the TV at snack time.**
When you turn off the TV, it is much easier to sit at the table to eat, which is another healthy habit!

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**Keep a list of healthy ideas.**
Where can you keep the list handy—either on the refrigerator or cupboard door?

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**Make it easy to get healthy snacks.**
What kinds of fruits and veggies can you store cut-up in the refrigerator? You’ll be surprised that kids will eat them more often that way. The grocery list will help to keep other healthy snack foods more easily available.

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**Write Family Snack Attack Food Ideas Here:**

(Pretzels, fruit, veggies, graham crackers, low-fat milk and cheese, crackers, yogurt, ½ sandwich, cereal, low-fat mini waffles, flour tortilla, peanut butter and more!)

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