



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

SNACKS

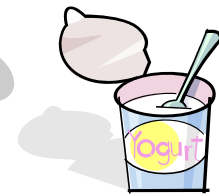
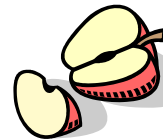


Dear Parent,

Today your child learned about snacks. Snacks are a good way to include a food group we may not have eaten at another meal. Be a good role model by eating healthful snacks and serving your child healthful snacks. If you have questions, contact your local Extension office:



- Any healthful food can be served as a snack.
- Choose snacks low in fat, sugar and salt.
- Whole grain foods, fruits, vegetables, and low-fat and fat-free milk and milk products are good snack foods.
- Small, healthful snacks, between meals, keep you and your child from getting hungry and overeating at mealtime.



You and your child can have fun making Graham Cracker-Fruit Snacks together:

Graham Cracker-Fruit Snacks

2 Graham cracker squares
1 Tablespoon peanut butter or cream cheese
Soft fruit slices (banana, peach, pears, raisins)

1. Spread peanut butter or cream cheese on top of a graham cracker square.
2. Top with fruit slices.
3. Top with another graham cracker square.

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.