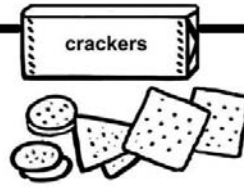


# Snacks



- Snacks provide the energy children need between meals and the nutrients required by their active and growing bodies.
- Adults need to plan snacks so they don't get hungry and overeat at mealtime.
- Choose snacks low in salt, fat, and added sugars.
- Pre-packaged snacks are often expensive and high in fat, salt and added sugars. Avoid the temptation of buying them by following your shopping list.
- Home-made snacks can be nutritious and often are cheaper than pre-packaged snacks.
- Choose whole fresh, canned, or frozen fruit more often than fruit juice.
- Children are more likely to eat healthful snacks when they help select and prepare them.

## Mini-goals

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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