

HANDOUT:

Pyramid-Powered Snacks

You can plan smart snacks using foods from the food groups of the MyPyramid for Kids. Work with your snack team to fill in the blanks on this sheet. Share this “Pyramid-Powered Snacks” handout with your family.

1. List the food groups represented in your snack team.

2. List some sample snacks from each of the food groups represented on your team.

3. Using your list, make up some combination snacks that you might try.



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Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fst/fstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

Kangaroo Jump 6: On the Go - 108

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