

Pack a snack box

Use a snack box to help you and your family choose healthy snacks. Snack boxes help your children choose a variety of foods for after-school snacks. Parents or adults choose what goes in the box and children choose what they would like to eat from the box.

Buy large portions of these foods and put them in small servings in the snack box:

Grains

- Whole-grain crackers
- Graham crackers
- Pretzels
- Whole-grain cereal

Fruit

- Fresh, canned, or frozen fruit
- Applesauce
- Raisins or other dried fruit

Vegetables

- Baby carrots or other veggies

Dairy

- Cheese
- Cottage cheese
- Yogurt

Protein Foods

- Nuts and seeds
- Peanut butter
- Sliced deli turkey or ham
- Hummus



Healthy snacks in 3 easy steps:

1. Have two snack boxes: one for the refrigerator and one for the cupboard.
2. Make a list of foods to include in the snack box. Include foods from multiple food groups.
3. Each week, add snack foods to the boxes. Family members can choose a snack from the snack box for on the way to school, after school, after work or in the evening.

Think about what you drink

- Drink water often, but limit vitamin/flavored water — they are expensive and may have sugar.
- Choose low-fat milk — children need 3 cups of milk each day.
- Choose whole fruit over juice when possible.
- Limit high-sugar juice drinks, sports drinks, energy drinks and soda.

