

# Food for Thought

September 2018

## Healthy Afterschool Snacks

Children need snacks. When planned, snacks play a very important role in helping kids fulfill their daily nutritional requirements. MyPlate continues to recommend that we eat a variety of foods from each of the food groups to promote good health. Snacks can help children get additional servings from each food group in case they are not getting enough at meal times.

As kids arrive home after school with a hungry stomach, what will they find for snacks? It is recommended to have a plan in mind for afterschool snacks. A plan can help encourage the consumption of healthy snacks and not a quick run through the drive thru or grabbing high-calorie snack items.

If your kids come home alone, have a designated spot in the pantry and refrigerator with snack foods they can select and enjoy until you get home.

Snacks can be prepared with foods from any of the food groups - dairy, protein, fruit, vegetables and grains. Be creative and utilize snack time to feed kids foods they might be missing during meal times. Some simple ideas are:

- Whole-grain cereal with fat-free milk
- Popcorn (light on the salt and butter)
- Fresh fruit, canned fruit in light syrup or it's own juice, or dried fruits
- Fresh veggies with or without low-fat dips
- Whole-grain bagel, English muffin, bread or tortilla with peanut butter or hummus
- Low-fat yogurt
- Hard-boiled eggs
- String cheese

Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen.



### Kid's Pizza

1. Use a toasted **100% whole-wheat English muffin (or slice of bread)** for your pizza base.
2. Add **2 tablespoons pizza sauce** to base.
3. Add a **sprinkle of cheese**.
4. Add **your favorite toppings** (like tomatoes, mushrooms and peppers).
5. Place on microwave-safe plate and microwave for 45 seconds or until cheese is melted. Be careful. It will be hot!
6. Let food rest for 3 minutes to allow the food to fully cook.
7. Enjoy!



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## Eat Smart Idaho Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Eat Smart Idaho offers FREE classes that can help limited resource individuals &amp; families learn how to eat well for less!</b>				
3	4	5	6 <u>Healthy Snack Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00	7
10	11	12	13 <u>Fruit &amp; Veggie Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00	14
17	18	19 <u>Fruit &amp; Veggie Nutrition Demo</u> @ Troy Food Bank – 106 E 6 <sup>th</sup> St – Troy – 4:00 to 7:00	20 <u>Power Up Your Day: Eat Breakfast Nutrition Demo</u> @ Moscow Food Bank – 110 N. Polk St – Moscow – 2:00 to 4:00	21 <u>Power Up Your Day: Eat Breakfast Nutrition Demo</u> @ J-K Good Samaritan Food Bank – 614 Main St – Kendrick – 1:00 to 3:00
24	25	26	27 <u>Nutrition Facts Labels Nutrition Demo</u> @ Potlatch Food Bank – 510 N. Pine St – Potlatch – 10:00 to 12:00  <u>Rethink Your Drink Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00	28  <b>Sources:</b> <a href="http://msue.anr.msu.edu/news/healthy_after_school_snacks">http://msue.anr.msu.edu/news/healthy_after_school_snacks</a> retrieved 8/28/18

### For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Kootenai & Shoshone: 446-1680  
 Bonner & Boundary: 263-8511  
 Clearwater, Latah or Nez Perce: 883-2267  
 Idaho or Lewis: 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD  
 Phone: 446-1680  
 E-mail – [kalig@uidaho.edu](mailto:kalig@uidaho.edu)  
 Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)

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