

HEALTHY SNACKS

An infographic titled "HEALTHY SNACKS" featuring a tree with several red apples and a head of broccoli. The apples are arranged in a cluster, with some hanging from a branch. The broccoli is positioned at the bottom right. The background is white. The text is presented in various colored boxes: a green box for the main title, a light green box for the main question, a dark green box for the introductory text, and several red boxes for individual tips. A dark green box at the bottom contains safety information.

What's your snack plan?

With just a little planning, you can have snacks that are healthy, quick and tasty.

Stock a snack box with foods that don't need refrigeration such as nuts, popcorn, raisins, whole grain cereal or crackers.

Keep healthy snacks on lower shelves so children can serve themselves.

Save money: portion out your own snacks in small bags or bowls rather than buying single-serving items.

Include healthy snacks when you plan your grocery list.

Keep it safe

If you're packing snacks to go, make it safe by keeping cold foods cold. Put snacks in an insulated container and add an ice pack or frozen container of juice, yogurt or water. Ice packs or frozen containers thaw slowly and keep foods cold for several hours.

5-minute snacks

- Veggies with cottage cheese or hummus
- Cheese and apple slices
- Banana with peanut butter
- Yogurt with canned or frozen fruit
- Applesauce and graham crackers
- Nuts and raisins
- Bagel half with peanut butter
- Whole grain cereal with milk

10-minute snacks

- **Ants on a log:** Spread peanut butter on celery sticks and sprinkle with raisins.
- **Yogurt sundae:** Slice a banana, add vanilla yogurt and sprinkle with nuts.
- **Mini pizzas:** Top a bagel or tortilla with tomato sauce, sprinkle with garlic powder and oregano, add cheese and broil for one to two minutes.
- **Mexican tortilla:** Top a tortilla with refried beans and cheese. Warm in a toaster oven or microwave. Add lettuce and salsa.

15-minute snacks

- **Nutty bananas:** Roll peeled bananas in peanut butter and chopped nuts. Freeze on a tray, then store in a bag in the freezer.
- **DIY trail mix:** Stir together 1 cup nuts, 1 cup whole-grain cereal and 1 cup dried fruit. Portion mix into snack bags.
- **Bunny dip:** Combine 1 cup plain yogurt, 1 cup light sour cream and 1 package dry ranch dressing mix. Store in the refrigerator, and enjoy with veggies.