

## Healthy Snack List!

With a recent 2009 Australian Institute of Health and Welfare national report card finding a whopping 78 per cent of 4-8 year olds, 86 per cent of 9-13 year olds, and 95 per cent of 14-16 year olds are not eating the recommended daily servings of vegetables. Even worse if you take out potatoes, which most kids eat as chips, and the percentage of kids not getting the nutrition they need jumps to 97, 98 and 100 per cent respectively. We thought it was time for a reminder list of Good Healthy Snacks – desperately needed it seems!

### What's a snack, anyway?

Well the dictionary states it's 'food eaten between regular meals'; maybe they should add when you're hungry, thirsty, or bored, or in just in the habit of snacking. But for those times of day when you or your child really do need some additional sustenance, we've put together some ideas to help.

**Fruits and vegetables are Mother Nature's perfect convenience food. There are no artificial colours or flavourings, no added sugars, hydrogenated oils, MSG or artificial sweeteners.**

With the previously highlighted statistics showing how few kids eat the recommended 5 servings of fruits and veggies each day; these should be your first choice for snacks. Beyond fruits and vegetables, the whole grains, dried fruits and nuts on our list also provide good snack alternatives.

**Most kids love to experiment in the kitchen, so whenever possible, let them help make the snack.** Skip the microwave popcorn and pop it yourself (in a pot with some grape-seed oil or air-popped). Mix your own trail mix with organic ingredients. We've offered several 'power combos' on our list for you to make together.

**Choosing real food, not food products, should be your goal.** If you have to buy packaged snacks, select those products with the fewest number of ingredients, avoiding additives. Avoid food products with high fructose, corn syrup or other unhealthy ingredients. For a full list visit our website at [www.betterschoolfood.org](http://www.betterschoolfood.org). Keep in mind that ingredients change over time, so read labels. If you can, organic and less processed is best.

The best snacks satisfy hunger while helping to meet our daily dietary needs. Choose snacks that pack a nutritional punch. Accompany them with lots of water and you'll see the kids through until the next meal!



And now for the Better School Food Snack List:

**Fruits:**

apples – slices  
bananas  
blueberries  
diced rockmelon  
cherries  
grapes- quartered  
kiwis - sliced  
orange wedges  
pomegranate seeds  
strawberries  
raspberries  
diced watermelon.

**Vegetables and Dips:**

baby carrots  
cucumber slices/sticks  
baby tomatoes  
capsicum – sliced with the  
white flesh removed  
snow peas  
edamame  
guacamole  
hummus  
baba ganoush  
white bean dip  
salsa.

**Grains:**

whole grain crackers  
tortillas  
corn chips  
homemade popcorn  
low fat muesli bars  
spelt pretzels  
honey wheat pretzels  
sweet potato crisps  
fruit/nut mix bars  
granola bars  
rice cakes  
crisp flat breads.

**Dried Fruits and Nuts:**

apples  
apricots  
raisins  
mangos  
almonds/ butter  
cashews/butter  
peanut butter  
pecans  
trail mix  
sunflower seeds  
walnuts.

**Beverages:**

water  
sparkling water  
milk – antibiotic/hormone free  
herbal ice teas – add lemon,  
orange or mint)  
100% fruit juice but not too  
much.

**Power Combos:**

yogurt with fruit  
tortilla roll ups  
(fill with either eggs/cheese/  
turkey)  
banana with peanut butter  
cucumber with almond butter  
homemade smoothies  
salsa & corn chips  
carrots & hummus  
peppers & white bean dip  
baba ganoush & cucumber  
sprouted grain bread with  
sliced avocado.  
  
If you can, we recommend  
buying organic!

**Better School Food** is a group of dedicated parents, educators and health professionals based in the US committed to working with local communities to improve meals and increase awareness of the connection between good food, good health and a student's ability to learn effectively.

For more great info visit [www.betterschoolfood.org](http://www.betterschoolfood.org)