

# PARENT PAGES

## Smart Snacking



### Hearty Snack Ideas

1. 1/4 cup vanilla low-fat yogurt with 1/4 cup apple slices
2. 10 thin wheat crackers with peanut butter
3. 1/2 cup toasted oat cereal with 1/2 cup low-fat (1% or less) milk
4. 1/2 tuna or egg salad sandwich and 1/2 cup water
5. 1/2 toasted English muffin with peanut butter
6. 1/4 cup crunchy snack mix (recipe on this page) with 1/2 cup low-fat (1% or less) milk
7. 1/4 cup low-fat cottage cheese with 1/4 cup fruit cocktail
8. 1/2 whole-wheat tortilla with 1/4 cup bean spread

**Today at child care your child learned why it is important to eat healthy snacks.** Small children need snacks because they get hungry between meals. Healthy snacks will help them grow strong. They learn from watching you. Eat healthy snacks and your child will too. Save money by making your own snack mix using the easy recipe below.

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### Snack Mix

Yield: 4 cups

Serves: 8 adults

#### Ingredients

1 cup toasted oat cereal  
1 cup wheat square cereal  
1 cup reduced-fat cheese crackers  
1 cup fun-shaped mini pretzels.

#### Steps

1. **Pour cereals, crackers and pretzels into a medium bowl.**
2. **Stir.**
3. **Enjoy!**

Note: You may put this snack into small plastic bags to carry when traveling.

**Have your child help you do the bold steps.**

# Tips and Shopping List

## Ways to Save Money When Shopping:

- Look at grocery ads to see what is on sale.
- Plan your meals and snacks around weekly specials.
- Make a shopping list and stick to it!
- Don't shop when you are hungry.
- Buy whole fruit and vegetables, and cut or shred them yourself.
- When fresh cost too much, buy frozen or canned fruit and vegetables.
- Buy frozen juice and mix with water instead of bottled juice.
- Buy store brand rather than name brand items.



-----Use this handy list to jot down what you need to buy-----

## Shopping List

<b>Breads, Cereals, and Crackers</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Fruits/Juice</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Vegetables</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Milk, Cheese, Yogurt, and Eggs</b> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>Pasta, Rice, and Noodles</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Canned Beans, Fish, and Peanut Butter</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Chicken, Turkey, and Fish</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Beef and Pork</b> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>Baking Supplies</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Paper Products</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Other</b> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Other</b> <hr/> <hr/> <hr/> <hr/> <hr/>