
The NIU Literacy Clinic wants you to enjoy reading and be healthy at the same time.

We are offering this informational flyer for you and your family to read and discuss things you already know about foods and to learn new information.

We will update this banner when we receive new sources that we think you might enjoy in your adventure through reading and food.

www.squaremeals.org

www.healthysnackstore.com

After School Snacks

*(Source About.com Nutrition)
Even with a great breakfast and a healthy lunch, a light after-school snack is nice to refuel a child's body before play or study time. A handful of nuts or an apple is perfect, or maybe a snack tray of veggies and dips. Even a healthy version of PB & J will satisfy picky kids. Keep chips, sugary sodas, pastries and candy out of the house. As a study conducted by Oxford concludes, foods that are high in sugar just make kids hungrier.*

Contact us at any time with questions about this source.

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The Bite

A weekly information sheet from the NIU Literacy Clinic

Healthy Snacks for Kids

By: Allrecipes Staff (Allrecipes.com)

Snacks can, and should be a part of every child's balanced diet. An afternoon snack will give kids more energy after school, and they'll be able to concentrate on homework and have more energy to play outside rather than merely flop down in front of the television.

Let them be Choosy

It's easy to equate snacking with junk food, but it doesn't have to be the case. The important thing is to provide kids with choices when it comes to snacking. If all the choices you give them are reasonably nutritious ones, then everybody's happy; your kids get to choose their snacks, and you get to ensure that they're eating healthfully.

Is it possible to make fruits, vegetables, lean protein, low fat dairy products, and whole grains appealing to your kids? You've probably got a few tricks up your sleeve already to do just such a thing, but here are some of our favorite tried-and-true methods for making kids shout, "Hooray for healthy foods!"

Take a Dip

Kids love anything they can dip! A baggie full of carrot and celery sticks, cucumber and bell pepper slices, sugar snap peas and cherry tomatoes will disappear like magic if there's a tub of dip to go with them. Offer low fat ranch dressing, bean dip, or salsa.

Freeze!

We usually equate frozen snacks with special treats, like ice cream and snow cones. Take advantage of that association and freeze some healthy treats for the kids to snack on.

- *Frozen grapes*
- *Frozen bananas dipped in chocolate syrup and rolled in chopped nuts*
- *Frozen peach and nectarine slices*
- *Frozen berries of any kind*

Try making this together.....

Berry-nana Smoothie

1 very ripe banana (fresh or frozen)

1 Cup frozen berries (strawberries raspberries, or blackberries)

½ Cup or 1 (6 oz.) container plain vanilla or lemon low fat yogurt

¾ Cup orange juice or apple juice

1 -2 Tablespoon honey, to taste

Put everything in a blender and puree until smooth. Divide between two large glasses.

Prep time: 10 minutes

Level: Easy

Yield: 2 (12 oz.) smoothies

Recipe from The Food Network Kitchens www.foodnetwork.com

Baked tortillas chips and whole wheat crackers or pita triangles are perfect, nutritious and kid pleasing accompaniments for dips, too.

Sliced fruit takes on a whole new appeal as well when it's accompanied by a sweet, creamy dip. Good fruit dips include flavored yogurt, applesauce, or low fat sour cream sweetened with honey or brown sugar.

Be Constructive

Kids love to turn any eating occasion into an interactive experience. You may have a "don't play with your food" rule at mealtimes, but try relaxing the rule at snack time, and you'll become a hero. By letting them construct their own snacks, you'll also keep them occupied for awhile and ensure that they're more likely to sample whatever nutritious foods they're tinkering with. And, by encouraging your child to assemble his or her own snacks, you just may be sparking a lifelong interest in cooking!



Try spreading peanut butter on apple slices or celery stalks and "dot" with raisins, making ants on a log.

Establish a Snacking Zone

Designate one shelf of the refrigerator or pantry as the "snack shelf", with the understanding that anything on the shelf is okay to eat without having to ask permission. Then, stock the shelf with several choices so the children will not complain about the snacks being "boring".

Healthy snacks donated to the Literacy Clinic by Jewel-Osco