



SMART SNACKING

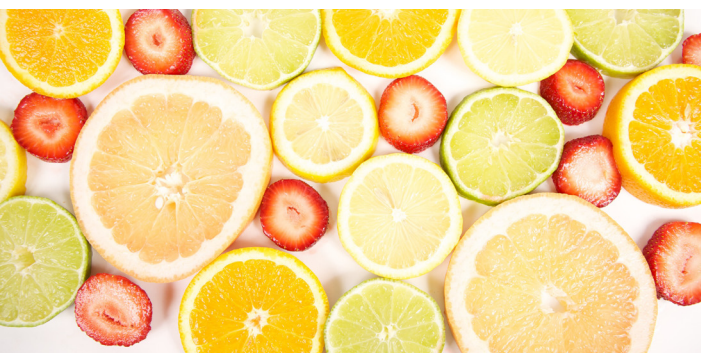


Snacks are foods we eat between meals to satisfy hunger. To lots of kids and teens, a snack is a bag of chips, some cookies or other high calorie, low nutrient food.

Does that mean snacking is bad for kids? Definitely not! Snacking can help them stay focused at school and on while doing homework, and give them a nutrition boost for the day.

When we think of healthful snack choices we should look to the five food groups (Vegetables, Fruits, Grains, Dairy and Protein).

For example– string cheese (Dairy), and carrot sticks (Vegetable). Potato chips may start out as a healthful vegetable but after processing, it becomes high in calories, fat and sodium.



AT HOME ACTIVITY



Try these quick and easy healthful snacks:

- Dip banana slices in yogurt.
- Layer fruit in a cup and top with granola.
- Dip baked chips in fresh salsa.

ACT WITH INTENTION

So much of what we do is done without really thinking or paying attention. We can be better “selves” when we act with intention.

Try this: The next time you are leaving your home stop and take 30 seconds to stand with your shoulders back and spine straight, becoming aware of yourself in the present moment. Focus on your feet and observe them touching the floor. If you notice you are back to thinking about a particular situation or the day ahead, just for a few more seconds shift your focus back to observing yourself in the present.