

# Healthy Foods From Home

## Healthy Snacking

for parents!



### Smart Snack Tips

There are several things you can do to make sure your child is using snack time to meet their daily nutrient needs! Here are some tips to make snack time a healthy time:

- **Plan ahead!** Buy healthy snacks at the grocery store so that they are available when your child is hungry between meals.
- **Be prepared!** Slice fresh fruits and vegetables ahead of time and store them in the refrigerator so healthy snacks are always ready.
- **Be aware!** Make sure that your child is not eating a snack too close to meal time.

It is important to consider your child's needs when deciding which snack to provide. By combining foods from a variety of food groups, you can make sure your child is getting enough of the vitamins and minerals that they need.

Remember to let your kids have a say in snack time! Letting kids make nutritious food choices helps them to develop healthy eating habits at a young age. They can also help you prepare snacks by peeling fruit or spreading peanut butter on whole grain crackers.

Snack time is a great chance to encourage your child to make healthy food choices!

*Snack time is a great way to provide your kids with healthy foods. Incorporating a variety of different foods helps make sure your kids are getting all of the vitamins and minerals they need. Making smart snack choices is an important part of your child's overall healthy and nutrition.*

### Carrot Raisin Mini Muffins

- 2 eggs
- 1/2 cup plus 2 tablespoons vegetable oil
- 1/2 cup sugar
- 1 1/2 cups coarsely grated carrots
- 1/2 cup raisins
- 1 1/2 cups all purpose flour
- 2 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon ground nutmeg

1. Preheat oven to 400°F. Line the muffin tins with paper cups or spray them with non-stick spray.
2. Whisk the eggs, oil and sugar together in a large mixing bowl. Stir in the carrots and raisins.
3. Stir together the remaining ingredients in another bowl. Add the flour mixture to the carrot mixture and stir to combine. (This is a stiff batter.) Spoon the mixture into muffin cups. Bake about 15 to 20 minutes until tester (use a toothpick) comes out clean. Makes 30 mini muffins.

Per Serving: Calories 92, Carbohydrate 11 g, Fat 5 g, Fiber 0 g, Protein 1 g, Saturated Fat 0 g, Sodium 62 mg

## Great Snack Foods for Home

It can be hard to prepare healthy snacks when you're in a hurry and rushing around all day. It can also be hard to provide your child with healthy snacks that stay fresh if they stay after school for sports or clubs.

Thankfully, there are some great snacks available at your local grocery store to help you out!

Here are a few ideas:

- Low-fat granola bars
- Low-fat string cheese
- Low-fat yogurt or pudding cups
- Single serving packs of peanut butter crackers
- Single servings of whole grain cereal
- Light microwave popcorn bags
- Pre-packaged fruit cups
- Snack pack of baked chips of whole grain pretzels
- Apples with single servings of peanut butter
- Low-fat cottage cheese
- 100% fruit juice or milk



**Nutritional Development Services**  
111 South 38th Street, Philadelphia, PA  
19104  
(215) 895 - 3470  
www.ndsarch.org