

Snacking Tips for Parents

- ✓ Plan ahead and buy healthy snacks when you grocery shop—you will save money and will make healthier choices than buying snacks on the go.
- ✓ Give kids choices and make the choices you offer nutritious.
- ✓ Pre-portion your child's snacks into small plastic bags to grab on the go or put a snack-sized serving on a plate.
- ✓ Assign an area in your refrigerator or cupboard for healthy snacks that you have selected and your kids like—let them help themselves without having to ask for permission.
- ✓ Combine snacks from at least two food groups to pack more nutrients into your child's diets—it will be more filling and will hold them over until their next meal.
- ✓ For example, adding milk to cereal or serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein, and other important nutrients to snacks



Muscogee County School Nutrition

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