



WIC Notes

JULY, AUGUST, SEPTEMBER 2007





Grab Quick & Easy Snacks


Healthy Snacks Give Kids EXTRA ENERGY to Play and Grow.

Snacks are a normal part of a healthy diet for growing kids. Fruits, vegetables, and whole-grain foods make good snacks. All foods can fit into a healthy diet. Choose snacks that are lower in saturated fats, *trans* fats, sugar and salt (sodium).

Did you know that healthy snacks...

 Can supply a big part of the food and nutrition kids need for energy.

 Are great as mini-meals in addition to regular meals.

 Are a great way to get kids to eat more fruits and vegetables.

 Make get-togethers with friends more fun.

Try These Quick, Easy, Healthy Snacks

- ▶ Popcorn or pretzels
- ▶ Snack size low-fat yogurt or pudding
- ▶ Fresh, canned or dried fruit
- ▶ Celery sticks with low-fat cream cheese
- ▶ Frozen grapes, banana slices, or popsicles made from 100% juice
- ▶ Peanut butter and fruit sandwich (try apple slices, banana, or raisins)
- ▶ Whole-grain crackers and low-fat cheese
- ▶ Baby carrots with low-fat dip
- ▶ Rice cakes with peanut butter
- ▶ Tortilla with refried beans, low-fat cheese, lettuce, and salsa
- ▶ Pita sandwich with tuna and lettuce
- ▶ Mini-pizzas made with English muffins or pita bread
- ▶ Vegetable and noodle soup
- ▶ Baked or microwaved potato topped with plain low-fat yogurt or cheese

For more information on these topics or other programs, please visit www.fns.usda.gov



Seven How-to's for Smart Snacking

1. Ask your kids what healthful foods they'd like to have on hand. Buy them.
2. Keep fresh fruit on the counter where kids can see it.
3. Wash and cut up veggies ahead, so they're ready to eat.
4. Use see-through containers, clear plastic bags or containers covered with plastic wrap so kids can easily see what's inside.
5. Put food where your kids can reach it, perhaps on the lower shelves in your refrigerator, pantry or cabinet. Keep "sometimes" food, such as cookies and chips, stored in cabinets where they're less convenient to reach.
6. Buy food in single-serve containers for grab-and-go eating—for example milk, raisins, juice, fruit cups, pudding and baby carrots.
7. Set a good example by choosing snacks that are good for your health since kids often want the same thing you have.

Berry Fruit Dip

2 (8-ounce) cartons fat-free strawberry or raspberry yogurt

1 teaspoon grated orange peel

2 tablespoons orange juice

1/4 teaspoon almond extract

Combine yogurt, orange peel, orange juice and almond extract, mixing well. Refrigerate at least 1 hour to blend the flavors. Serve with apple slices and strawberries.

Crunchy Frozen Bananas

4 firm ripe bananas

8 wooden sticks with rounded ends

1 to 2 containers yogurt (any flavor)

3 cups Cheerios cereal

Cover cookie sheet with waxed paper. Peel bananas; cut bananas crosswise in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer.

Frosty Fruit Smoothie

1 medium banana, peeled and cut into chunks

1 cup of 100% juice (any flavor)

1/2 cup fat-free milk

1 teaspoon vanilla

3 ice cubes

Combine all ingredients together in a blender and blend until smooth.

Summer Guide to Fruits and Vegetables At Your Local Farmers' Market

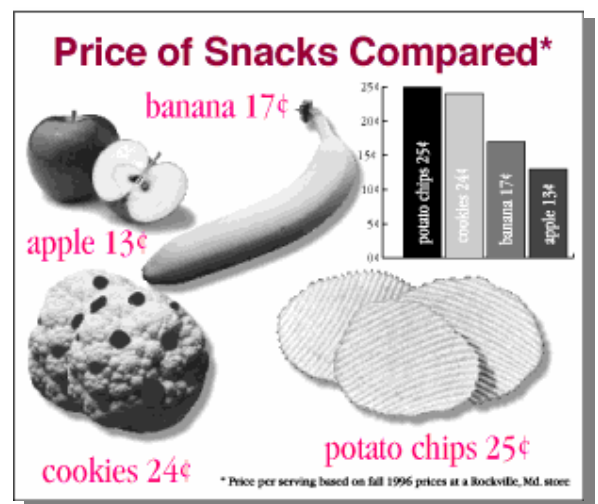
Apricot, Butternut Squash, Banana, Cantaloupe, Carrot, Corn, Grapefruit, Lemon, Mango, Nectarine, Papaya, Pear, Peach, Yellow Raisins

Chives, Garlic, Leeks, Scallions, Onion

Blackberries, Blueberries, Dried Plums (Prunes), Eggplant, Plums, Grapes, Purple Cabbage, Dark Raisins

Beets, Cherries, Raspberries, Red Onion, Strawberries, Tomato, Watermelon

Avocado, Broccoli, Cabbage, Cauliflower, Green Peas, Kale, Honeydew Melon, Romaine Lettuce, Spinach



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