

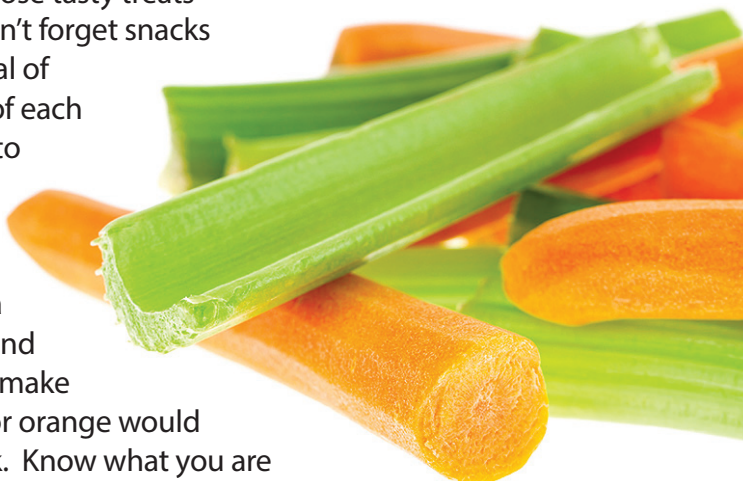
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# HEALTHY CHOICES

## FOR HEALTHY FAMILIES

### TOPIC SNACKS

People enjoy snacks—those tasty treats between meals. But don't forget snacks count toward your daily goal of eating the proper amount of each food group. We should try to limit the amount of sugary snacks and snacks filled with fat. Try reaching for carrot and celery sticks for a snack. Add peanut butter and raisins to the celery stick to make "Ants On A Log." An apple or orange would make one more great snack. Know what you are reaching for before choosing a snack.



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### PARENT'S POW-WOW

You are the "person in charge" when it comes to the types of snacks that are in the house. If the only snack a child has to choose from is chips and soda, the blame comes back to the parent. Make it easy for a child to choose a nutritious snack. Keep foods handy that are good for them. Keep a bowl of fruit on the counter. Keep cut-up veggies in a snack bag in the fridge. Keep whole grain crackers at a hands reach. Give your child the right tools for them to choose a healthy snack. They learn from watching you.





## BASIC BUDGET BITES

- Buy fresh fruit snacks in season, when they cost less.
- Canned fruit is a good buy all year long. Compare brands for best price.
- Let children help choose their snacks at the store. It will more likely be eaten and not wasted.
- Veggies, such as carrot and celery sticks, make great snacks that fit into any budget.



## FOOD FACTS SNACK ATTACK!

To keep up a high energy level and good eating habits, try these great combos to keep you going:

- Bake or microwave small new potatoes. Eat cold or hot, with balsamic vinegar or non-fat sour cream.
- Warm a flour tortilla to soften, spread with ¼ cup unsweetened applesauce, fold to eat.
- A half cup raw cauliflower or broccoli chunks dipped in 2 tablespoons reduced-fat ranch-type dressing
- If you have a blender, put in 1 cup plain yogurt, ½ cup pineapple juice, 1 small banana, and blend until smooth.
- Bran muffin with a small glass of skim milk
- Half a bagel topped with a slice of melted, reduced-fat cheese
- Crackers and a cup of fruit-flavored yogurt
- Tortilla rolled up with cheese and salsa
- Low-fat fruit-flavored yogurt with reduced-fat granola
- Pasta and steamed veggies, lightly sprinkled with Parmesan cheese
- Toasted English muffin topped with lean turkey and tomato slice, paired with one cup of apple juice
- Granola bar and an apple
- Pita bread with hummus (chickpea dip) and your favorite fruit
- Pretzels with honey-flavored mustard, carrot sticks, and a cup of cranberry juice
- Low-fat cottage cheese and canned peaches in light syrup
- Whole-wheat toast spread with peanut butter and a small glass of milk



SOURCE: COLORADO STATE UNIVERSITY COOPERATIVE EXTENSION,  
DEPARTMENT OF FOOD SCIENCE & HUMAN NUTRITION



## COOKING WITH KIDS

# CRUNCHY VEGETABLE WRAPS

- **4 tablespoons cream cheese, low fat (whipped)**
- **2 flour tortillas**
- **½ teaspoon ranch seasoning mix**
- **¼ cup broccoli, washed and chopped**
- **¼ cup carrot, peeled and grated**
- **¼ cup zucchini, washed and cut into small strips**
- **½ tomato, diced**
- **2 tablespoons green bell pepper, seeded and diced**
- **2 tablespoons chives, chopped fine**

- 1.** In a small bowl, stir ranch seasoning into cream cheese. Chill.
- 2.** Wash and chop vegetables.
- 3.** Steam broccoli in microwave for 1 minute with 1 tablespoon of water.



- 4.** Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
- 5.** Chill for 1-2 hours before serving. With a sharp knife slice into circles and serve.

**Nutrition Facts per serving:** 110 calories, 4 g total fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 220 mg sodium, 16 g carbohydrate, 2 g dietary fiber, 2 g sugars, 4 g protein

**Yield:** 4 servings

SOURCE: USDA RECIPE FINDER

## RECIPE

# SPINACH BLACK BEAN SALAD

- **2 tablespoons vinegar**
- **1 tablespoon vegetable oil**
- **1 tablespoon mustard**
- **1 teaspoon garlic powder**
- **½ teaspoon dried oregano**
- **½ teaspoon dried basil**
- **⅛ teaspoon nutmeg (optional)**
- **2 cups spinach (washed)**
- **1½ cups black beans (unsalted, fat free)**
- **2 tomatoes, chopped**
- **1 small red onion, chopped**

- 1.** In a large bowl, combine vinegar, oil, mustard, garlic powder, oregano, basil, and nutmeg.
- 2.** Chop spinach.
- 3.** Add spinach, black beans, tomatoes, and onions to vinegar and oil. Toss well and serve.

**Nutrition Facts per serving:** 190 calories, 5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 160 mg sodium, 28 g carbohydrate, 8 g dietary fiber, 4 g sugars, 9 g protein

**Yield:** 3 servings

SOURCE: USDA RECIPE FINDER

# LOCAL EVENTS

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## **SMART TIPS:** WAYS TO ENJOY TV-FREE FAMILY TIME

- 1.** Snuggle up and read a book. Reading as a family is one of the best ways to make sure your children do well in school.
- 2.** Snuggle up and talk. Turning off the TV gives you more time to talk with your children.
- 3.** Get up and take a walk. A simple neighborhood walk gives you time with each other and an easy way to get fit and strong, too!
- 4.** Get up for a parent and child fun night. Plan a weekly fun event like riding bikes or bowling with another household. Make it a weekly thing!



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**If you are interested in nutrition classes, contact your extension office.**

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