

Alliance For Children

September 2020

"Never regret a day in your life. Good days give you happiness and bad days give you experience." – Author Unknown

Why Are Healthy Snacks Important? By Jessica Bruso

Snacking is an effective way to fit extra nutrients into your diet and prevent overeating at mealtimes. According to a study published in "The Journal of Nutrition" in February 2010, approximately 97 percent of Americans snack, getting an average of 24 percent of their calories from snacks. With snacking providing this much of the day's calories, choosing healthy options is crucial.

Provides Nutrients

As long as you choose nutritious snacks, snacking will also help you meet your nutrient needs for the day. Although it's fine to have a less-than-healthy snack every once in a while, most of your snacks should consist of nutrient-dense foods like fruits, vegetables, whole grains, low-fat dairy and nuts or seeds.

Prevents Overeating

Snacking helps keep you from getting overly hungry in between meals and then overeating at your next meal. So next time you start to feel hungry a couple hours before lunch or dinner, don't try to wait until the meal. Instead, eat a small healthy snack to tide you over. Combine a carbohydrate-rich food like whole grains, fruits or vegetables with protein foods like nuts or dairy products for the most filling snacks.

Considerations

Don't snack right before a meal, and only eat a snack if you are truly hungry. Snacking out of boredom or for other emotional reasons isn't healthy and can lead to overeating and weight gain. Most snacks should be around 100 calories, but if you need to use a snack in place of a meal, eat a slightly larger snack containing about 250 calories, recommends MayoClinic.com.



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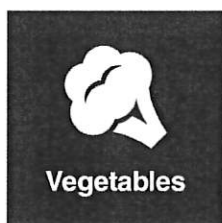
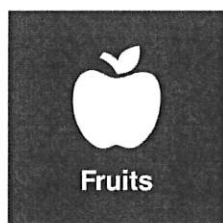












United States Department of Agriculture

Food and Nutrition Service

Serving Snacks in the Child and Adult Care Food Program

Snacks can be a great way to give Child and Adult Care Food Program (CACFP) participants the nutrients and energy they need between meals. Reimbursable snacks in the CACFP contain foods from two of the five food components:



| Sample Snack Menu | | | | |
|---|---|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Water Sugar Snap Peas With Low-Fat Dip String Cheese | Blueberry Smoothie | Whole-Wheat Crackers Milk | Water Berries Low-Fat Yogurt | Carrots With Hummus 100% Apple Juice |
|  +  |  +  |  +  |  +  |  +  |



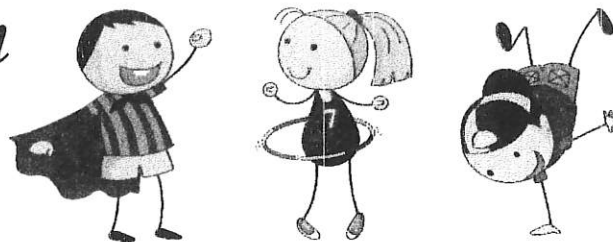
Note: Water is not considered a food component in the CACFP. However, you should offer and make water available to participants throughout the day. Water is a great choice at snacks when milk is not offered.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



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October 2020



"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely." Roy T. Bennett

Autumn lovers, rejoice! Your favorite season is finally here. As the weather gets cooler and the leaves begin to change color, it's time to start thinking about how you can help your kids get outdoors and take advantage of all that this amazing season has to offer.

From fun arts-and-crafts projects to festive outings, this list of fall activities for kids has something for everyone:

1. Visit an apple orchard.
2. Build a scarecrow stuffed with newspaper.
3. Have an apple cider "tea" party.
4. Bake apple chips.
5. Paint wooden crafts.
6. Make a classic apple crisp.
7. Bob for apples.
8. Make handprint leaves.
9. Read autumn-themed children's books.
10. Make popcorn balls.
11. Stuff leaves into bags and decorate them like pumpkins.
12. Take a hayride.
13. Decorate stationery with homemade leaf stamps.
14. Play "I Spy" during a nature walk.
15. Collect and identify leaves.
16. Get lost in a corn maze.
17. Make a necklace with Halloween-colored beads.
18. Visit a zoo.
19. Enter your decorated pumpkin into a local contest, or have your own contest!
20. Visit a pick-your-own pumpkin patch.



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