

SMART

Snacking at School

Parents

Why Snack?

Active children need to refuel, and a nutritious snack can be an essential energy boost between meals. After school snacks are especially important for students who have a long wait between an early lunch period and the evening meal. To support productive homework, creative play and physical activity, kids need to snack smart.

The good news is that the National School Lunch Program (NSLP) can help fill the gap between students' lunches and evening meals with nutritious after school snacks served during a supervised after school program offering educational and enrichment activities.

As an added benefit, these snacks are often free!

To find out more about After School Snack Programs contact a School Nutrition Professional at your child's school.

What's in a Snack?

Following USDA food guidelines, an afternoon snack must include two choices from the following four

- ➔ **MILK**—e.g. lowfat milk,
- ➔ **GRAINS**—e.g. cereal, graham and whole wheat crackers, pretzels, etc.
- ➔ **FRUIT/VEGETABLE**—e.g. apples, oranges, carrot sticks and dip, grapes and 100% juice
- ➔ **PROTEIN**—e.g. string cheese, yogurt, peanut butter and sunflower seeds

Where Are After School Snacks Served?

Nutritious snacks can be served in

- ➔ Schools
- ➔ Boys and Girls Clubs
- ➔ Recreation Centers
- ➔ Faith-based After school Programs
- ➔ ... and other locations

What's A Portion?

A rounded handful is the perfect snack serving of fruit, raw veggies or pretzels.

Made possible by:



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Students

Snack **Smart!**

Healthy afternoon snacks provide nutritious fuel for you during the gap between lunch and dinner.

An after school snack allows you to maximize your opportunities, study successfully, and play hard!

Snack **Heathy!**

An after school snack includes two choices from the following four categories:



1. MILK

Lowfat Milk

2. GRAIN (WHOLE GRAIN)

Cereal

Graham Crackers

Pretzels

3. FRUIT & VEGETABLES

Apple

Carrot Sticks

Juice

4. PROTEIN

Peanut Butter

Sunflower Seeds

String Cheese

Yogurt

Can you find the healthy and nutritious snack examples from the table above in the word search? Words can be written forwards, backwards or diagonally.

S	R	E	K	C	A	R	C	M	A	H	A	R	G
L	O	W	F	K	L	I	M	E	E	S	E	Y	O
E	T	Z	E	C	Y	O	G	U	R	T	A	R	C
Z	S	T	R	I	N	G	C	H	E	E	S	E	A
T	L	R	E	T	T	U	B	T	U	N	A	E	P
E	E	A	K	L	I	M	T	A	F	W	O	L	P
R	C	A	R	R	O	T	S	T	I	C	K	S	L
P	I	C	E	U	T	T	A	P	L	E	S	U	E
S	U	N	F	L	O	W	E	R	S	E	E	D	S
H	J	U	I	E	R	S	T	R	E	C	R	A	C

