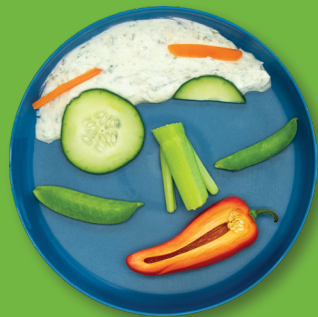


# Kids in the Kitchen:

## Healthy Kids Snacks



# Healthy Snack How-To

Create a well-rounded snack using different foods that your child loves!

A combination of foods that include carbohydrates, proteins & fats make snacks more satisfying, keeping hunger at bay until the next meal. It also makes it easier to get the nutrients needed for healthy growth. Try to include at least two of the following:

## Carbohydrates

Simple carbs, found in healthy sources (*fruit & milk*) are broken down quickly for energy. Complex carbs (*veggies, whole grains & starchy foods*) break down slower can be used for energy & help keep the digestive system regular. It is important to eat both types!

## Proteins

Build, maintain & replace cells in your body. Found in both animal & plant sources (*seafood, meat, poultry, eggs, dairy, beans, peas, lentils, nuts, seeds & soy products*). Plant sources also have fiber to keep the digestive system regular.

## Fats

Help the body grow, used as fuel, help absorb vitamins & satisfy your taste buds.





# Healthy Snack Tips

Snack time doesn't have to be a challenge! Here are tips to help kids explore new foods with healthy snacks:

## Get kids involved in the kitchen

Kids are more likely to try foods they help prepare.

## Turn food into art

Make funny faces or food sculptures to turn snacks into fun activities.

## Pair new foods with favorite foods


Offer familiar foods to make new foods less scary.

## Include fruits & veggies in snacks

Kids can fill up quickly during meals, snacks are a great way to get daily fruits & veggies.

## Start with small portions

Large portions of new foods can be overwhelming, start small and add more as you go.



# Apple Race Cars



## Suggested Ingredients:

- 2 large apples
- 1 cup grapes
- 1/2 cup pretzel sticks
- 4 mozzarella cheese sticks (optional)

## Preparation:

1. Slice apples into wedges. Cut grapes in half.
2. Gently push pretzel sticks through each end of apple slices.
3. Push grape halves onto each end of pretzel sticks.

30 Min | 4 Servings

Nutrition Facts	
servings per container	
<b>Serving size</b>	(169g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	11%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 231mg	20%
Iron 0mg	0%
Potassium 193mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Tip:** Use extra pretzels or cheese sticks to create a road for the race cars!

# Wild Animal Mix



## Suggested Ingredients:

- 2 cups animal crackers
- 1 cup raisins (*or dried fruit*)
- 1 cup unsalted roasted peanuts
- 2 cups plain popcorn
- 1/4 cup chocolate chips
- 1 cup mini marshmallows

## Preparation:

1. Place all ingredients in separate small bowls.
2. Have family members combine ingredients to their liking to make their own “mix.”

10 Min | 6 Servings

Nutrition Facts	
servings per container	
<b>Serving size</b>	(81g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
% Daily Value*	
<b>Total Fat</b> 16g	21%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 48g	17%
Dietary Fiber 4g	14%
Total Sugars 28g	
Includes 9g Added Sugars	18%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 2mg	10%
Potassium 380mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Tip:** Serve with low-fat milk for tasty dipping!



# Fruit Pizzas



## Suggested Ingredients:

- 4 (6-inch) whole-wheat pitas or whole-wheat tortillas
- 1 cup nonfat vanilla Greek yogurt
- Toppings as desired
  - 1 cup fresh fruit (*berries, bananas, grapes*)
  - 1/2 cup nuts (*walnuts, almond slices, pecans*)
  - 1/2 cup dried fruit (*raisins, mangos, cranberries*)
  - 1/2 cup chocolate chips
  - 1/2 cup granola

## Preparation:

1. Spread yogurt evenly over one side of pita.
2. Decorate with fruit & desired toppings.
3. Cut pizza into slices & serve!

**Tip:** Substitute yogurt with peanut butter!

20 Min | 4 Servings

Nutrition Facts	
servings per container	
<b>Serving size</b>	(139g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
	% Daily Value*
<b>Total Fat</b> 17g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 44g	16%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 0g Added Sugars	22%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 2mg	10%
Potassium 369mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Veggie Wands & Magic Dip



## Suggested Ingredients:

- 1 cup grape tomatoes
- 1 medium cucumber, sliced
- 1 bell pepper, chopped
- 4 sticks of celery, cut into 1 inch pieces
- Wooden Skewers

## Magic Dip

- 1 avocado
- 1/2 cup fresh parsley
- 1/2 cup fresh cilantro
- 2 cloves garlic
- Juice of one lime
- 1/2 cup water
- 1/2 cup olive oil
- 1/2 cup pistachios

20 Min | 6 Servings

## Nutrition Facts

servings per container	
<b>Serving size</b>	(195g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 26g	33%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	2%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 290mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

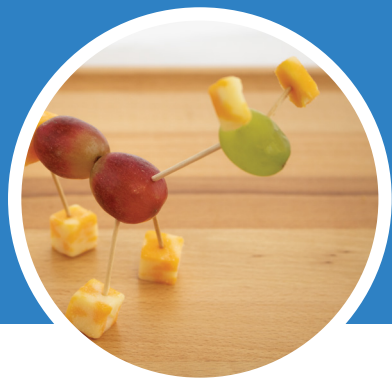


## Preparation:

1. Carefully poke veggies onto the skewer in a colorful pattern to make wands. (*Skewers are sharp! For younger kids, have a guardian pre-poke holes in veggies.*)
2. In a blender, add all dip ingredients & blend until smooth.
3. Enjoy veggie wands & magic dip together!

**Tip:** Use small cookie cutters to cut veggies into fun shapes!

# Grape & Cheese Sculptures



30 Min | 4 Servings

## Suggested Ingredients:

- 2 cups grapes
- 1 cup cheese cubes (*Cheddar, Colby, or Monterey Jack*)
- Toothpicks

## Preparation:

1. Use toothpicks, grapes & cheese cubes to make creative sculptures.
2. Sculpt your favorite animal, building, 3-D shape, or abstract art.

**Tip:** See who can build the tallest sculpture before it falls down!

Nutrition Facts	
servings per container	
<b>Serving size</b>	(97g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 144mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



# Fruit Necklace



## Suggested Ingredients:

- Kid-safe yarn needle
- String or thread
- 2 cups combination of fruit:
  - Grapes
  - Strawberries
  - Blueberries or blackberries
  - Melon

## Preparation:

1. Cut string into 2 ft lengths. Thread kid-safe needle.
2. Carefully use needle to add fruit to the string in a colorful pattern.
3. When finished adding fruit, tie off string & necklace is ready to wear!

**Tip:** Use small cookie cutters to cut out shapes in melon or cantaloupe to add to your necklace.

30 Min | 4 Servings

Nutrition Facts	
servings per container	
<b>Serving size</b>	(78g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 160mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Veggie Funny Faces



## Suggested Ingredients:

- 2 cups assorted veggies (*cherry tomatoes, celery, cucumber, sweet peppers, snap peas, carrots*)
- 1 cup fresh greens or herbs (*parsley, cilantro, spinach*)

## ONIE Homemade Ranch Dip

- 4 multigrain saltine crackers
- 1/2 cup dried parsley
- 3 Tbsp dried minced onions
- 1 Tbsp dried dill
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 3/4 cup plain non-fat Greek yogurt
- 3/4 cup low-fat sour cream

## Preparation:

1. Cut veggies into different shapes & set aside.
2. Prepare ranch dip.
3. Arrange veggies on a plate to make eyes, hair, noses, ears, eyebrows & other features. Get creative!

**Tip:** This activity is a great way to use up leftover produce in the fridge, which fights food waste!

20 Min | 4 Servings

## Nutrition Facts

servings per container	
<b>Serving size</b>	(104g)
<b>Amount per serving</b>	<b>70</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 307mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



How to prepare  
**ONIE Homemade  
Ranch Dip**

# Sensory Scavenger Hunt

At home or on your next family shopping trip, see if you can find a food that matches each word below. Try to use all five of your senses!

<b>CRUNCHY</b>	Flakey	<i>Fluffy</i>
<b>Sweet</b>	BITTER	<b>Chewy</b>
Stinky	<i>Spicy</i>	<i>Fragrant</i>
<i>Tangy</i>	<i>Salty</i>	<i>Sour</i>

Looking for more kids activities? Our Healthy Living Blog has ideas for getting your kids involved in the kitchen, staying active as a family & celebrating seasonal holidays!



## VISIT

[oniproject.org/healthy-living](https://oniproject.org/healthy-living)

Let the ONIE Project help make family dinners simple!  
Our recipes promise to be tasty, satisfying & nutritious for  
all ages. Try one of our family favorites below or explore our  
online recipe catalog for more delicious options.

Chicken Broccoli Shells  
& Cheese



Mini Baja Burgers



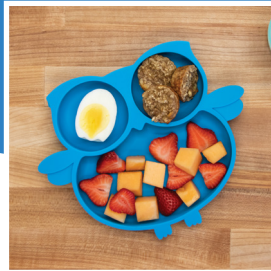
Ham & Veggie Frittatas



Beef & Veggie Mac



Banana Oatmeal Bites



Mini Pizzas



Look for the  &  icons  
to find more family meal ideas!

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.