



Quick & Healthy Snacks

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Why Snacks Matter

- Healthy Opportunities
- New Choices
- Improves Concentration
- Building a Foundation



Health Effects of Childhood Obesity

Immediate health effects:

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Long-term health effects:

- Children and adolescents who are obese are likely to be obese as adults¹¹⁻¹⁴ and are therefore more at risk for adult health problems.





Prevention is Key

- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.
- The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, the media, and the food and beverage industries and entertainment industries.
- Schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.



Apple Moons

Ingredients:

- Apples
- Peanut Butter
- Granola

Assembly:

- Slice apples. Spread peanut butter on slices, and top with granola

Substitutions:

- Cream Cheese
- Marshmallow Fluff



Fruit Smoothie

Ingredients:

- 1 cup yogurt
- 1 cup frozen berries
- 1 frozen banana
- $\frac{1}{4}$ c. orange juice

Assembly:

- Add ingredients to blender and puree until smooth



Sweet Bagel Chips

Ingredients:

- Cinnamon raisin bagels
- Butter
- Cinnamon Sugar

Assembly:

- Slice bagel crosswise into thin rounds.
- Brush top with melted butter and sprinkle with cinnamon sugar
- Bake for 10 min. at 325°F
- Turn over repeat butter and cinnamon sugar
- Bake for 10 min. at 325°F
- Let Cool

Fruit Dippers

Ingredients:

- Variety of cut fresh fruit

Melons and berries work well

- 1 c. low fat sour cream
- 2 tbsp. brown sugar
- 2 tbsp. lime juice

Assembly:

- Tread fruit into skewer
- Sprinkle with cinnamon sugar (optional)
- Mix Sour cream, sugar and juice, serve with fruit.





Broccoli & Cheese Quesadillas

Ingredients:

- 1 cup shredded Cheddar Cheese
- 1/2 cup finely chopped fresh Broccoli
- 2 tablespoon Picante sauce or Salsa
- 4 corn or flour Tortillas (6 to 7 inch)
- 1 teaspoon Butter, divided

Assembly:

- In bowl mix cheddar cheese, broccoli and salsa.
- Spread butter on tortilla (optional) and add mixture to 1/2 the tortilla
- Fold in 1/2 and heat either on the stovetop or in the microwave

Chocolate Banana Bites

Ingredients:

- Bananas
- Chocolate
- Toppings (Sprinkles / Nuts)

Assembly:

- Cut bananas into pieces and thread on to skewer
- Melt chocolate and dip bananas
- Dip bananas into toppings
- Eat Immediately or freeze for 30 min.

Substitutions:

- Peanut Butter
- Marshmallow Fluff
- Nutella





Veggie Cups

Ingredients:

- Fresh slices Veggies
- Low fat Dressing

Assembly:

- Place 1 serving (approx. 2 tbsp.) of dressing in cup
- Add sliced veggies

Substitutions:

- Hummus



Cheesy Chex Mix

Ingredients:

- 3 c. chex cereal
- 2 c. mini pretzels
- 1 c. cheese crackers
- 3/4 c. grated parmesan cheese
- 1/2 c. melted butter
- 1 pinch garlic powder

Assembly:

- Toss ingredients into bowl and mix
- Make 15 min. at 325°F on cookie sheet

Caramel Popcorn

Ingredients:

- ¾ cup butter
- 1 tbsp. honey
- 1 pinch salt
- 12 cups popcorn
- 1 cup nuts (optional)

Assembly:

- Toss ingredients into bowl and mix
- Bake 15 min. at 325°F on cookie sheet

Substitutions:

- Seeds



MyPlate Salsa

Ingredients:

- 1 jar salsa
- 1 can of diced tomatoes
- 1 can crushed pineapple
- 1 can black beans
- 1 can whole kernel corn
- 1 bag shredded cheddar cheese
- Tortilla chips

Assembly:

- Mix ingredients in bowl
- Serve with chips

Substitutions:

- Peaches
- Mango



Cinnamon Sugar Sticks

Ingredients:

- ½ cup cream cheese
- Cinnamon sugar
- Refrigerated breadstick dough

Assembly:

- Mix cream cheese and cinnamon sugar
- Spread on breadsticks and twist
- Bake as directed on breadstick package





Tortilla Pizzas

Ingredients:

- Tortillas
- Pizza Sauce
- Mozzarella Cheese
- Oregano
- Toppings

Assembly:

- Spread pizza sauce on tortilla
- Sprinkle cheese and oregano
- Add desired toppings
- Bake 10 -12 min on cookie sheet at 325°F or until cheese is melted

Nutty Pretzel Wand

Ingredients:

- Pretzel Rods
- Peanut Butter
- Nuts

Assembly:

- Spread peanut butter on pretzel rods
- Roll in nuts
- Enjoy

Substitutions:

- Marshmallow fluff
- Nutella
- Cream Cheese
- Sprinkles
- Dried Fruits



Yogurtwiches

Ingredients:

- Graham crackers
- Yogurt
- Chocolate Chips

Assembly:

- Spread yogurt onto ½ graham cracker
- Add ½ graham cracker to top
- Roll edges in Chocolate Chips
- Freeze until firm



Jicama Sticks

Ingredients:

- Peeled and sliced Jicama
- Chopped cilantro
- Lime juice
- Salt
- Chili powder

Assembly:

- Toss ingredients together to taste
- Serve



Jam & Graham Cheesecakes

Ingredients:

- 3 oz cream cheese
- 3 tbsp. fruit preserves
- Graham crackers

Assembly:

- Mix the softened cream cheese with the jam.
- Spread a little of the mixture on top of each graham cracker.
- Either eat right away, or chill for 30 minutes. The grahams will soften and become more like a cheesecake crust, and the topping will firm up.





Tropical Fusion

Ingredients:

- 1 20 oz. can brushed pineapple
- 1 banana
- ½ cup yogurt
- ½ cup ice
- ½ cup pineapple juice

Assembly:

- Blend ingredients in blender until smooth
- Add to plastic cups
- Insert popsicle sticks
- Freeze until firm

Crackerwiches

Ingredients:

- Saltines
- Peanut Butter
- Sliced Strawberries / Fruit
- Honey

Assembly:

- Spread peanut butter on saltine
- Add slice of r fruit and drizzle with honey
- Add saltine to top

Substitutions:

- Cream Cheese



Gone Fishing

Ingredients:

- Sliced carrots sticks
- Goldfish
- Veggie Cheese Dip

Assembly:

- Provide carrot sticks, a bowl of veggie cheese dip and a plate of rainbow goldfish.
- Let the kids dip the carrot (fishing pole) into the cheese (bait) and then “catch” the fish.



Frozen Fruit

Ingredients:

- Grapes
- Sugar to taste

Assembly:

- Remove grapes from stems and place in a colander. Wash thoroughly.
- Place grapes in a gallon-size bag.
- Pour sugar into the bag and seal. Gently shake the bag to evenly coat grapes with sugar.
- Arrange grapes on a paper towel to air-dry any remaining water, about 15 minutes.
- Place grapes in a single layer on a shallow pan or baking sheet. Freeze for at least 2 hours.

Substitutions:

- Berries or Kiwi Cubed



Zoo Attack

Ingredients:

- Celery
- Peanut Butter
- Animal Crackers
- Dried / Fresh Fruits

Assembly:

- Slice celery into 4 in pieces
- Spread peanut butter into center crease
- Add fruits down the center of peanut butter and 1 animal cracker

Substitutions:

- Cream Cheese
- Hummus





Demonstrations – Make the most of Snack Time

- Youth can individually or as a group give demonstrations.
- Preparing a written outline of the parts of the presentation is essential.
- There are three main parts to include:
 - Introduction: the “why” of it
 - Body: the “show and tell” portion
 - Summary: the “what” of it



The Introduction

- This should be brief, original and a follow-up of the title.
- Tell why the topic was selected and make your audiences feel that the subject is important.
- Be sure to individual(s) introduce themselves.



The Body

Answer the following questions when preparing the show and tell portion of the demonstration.

1. What are the steps that are necessary to carry out the demonstration?
2. What is the logical order of things that I should do in the demonstration?
3. What should I say to explain the order of events?
4. What materials do I need to do the demonstration?
5. Can I use posters or other visual aids to illustrate the demonstration and stress the main points in a clear and effective way?

The body of the demonstration should show and explain the necessary steps in the process



The Summary

- This is the last chance to put the message across.
- Confine the summary to points of the demonstration that the audience should remember and ways that the topic can be valuable to them.
- Never introduce new material in the summary.
- Be prepared to answer questions
- When finished thank the audience and A good gesture is to have copies of the recipes or some sort of handout available for them.

Sample Demonstration Video:

<https://youtu.be/caBuKlUF2ls>

Recipe Resources

Dairy Council of California:

<http://www.healthyeating.org/Healthy-Kids/Kid-Friendly-Recipes/Snacks.aspx>

Parenting Magazine:

<http://www.parenting.com/gallery/healthy-kids-snacks?page=32>

Food Network:

<http://www.foodnetwork.com/recipes/articles/50-after-school-snacks/50-quick-snack-recipes.html>

AllRecipes.com:

<http://allrecipes.com/recipes/1659/appetizers-and-snacks/snacks/kids/?page=2#2>

