

## **Plan Snack Time! – Fall 2009**

**The best way to get your child to eat at mealtime - and snack on healthy items in-between - is to plan ahead of time!** Think of snacks as a mini-meal rather than a treat. Snacks should be planned to refuel a child between meals, but not sabotage the next meal. Healthy snacks immediately after school are especially helpful to give kids the energy they need for after school activities. Consider the following tips for healthy snacking:

- Plan snack times - mid morning, after school, evening - leaving enough time before the next meal.
- Have children sit at table for snacks, as children are more likely to overeat or “graze” on the run.
- Plan snacks that will provide sustainable energy - include several food groups (protein and carbohydrates).
- Snacks provide the perfect opportunity to work more fruits and vegetables into a child's diet!