**Simple Snacks on the Go!**

**Buy fresh and local whenever you can!**

**Beverages**

|  |  |  |
| --- | --- | --- |
|  | **Snack** | **Portion** |
| **http://img4.coastalliving.com/i/2009/03/sigg-water-bottle-l.jpg?400:400** | Water |  |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\C1DAKEGO\MC900250767[1].wmf** | Skim or 1% milk | **8 oz.** |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PFW6U4SQ\MC900300075[1].wmf** | Dairy Alternatives   * Soy milk * Rice milk | **8 oz.** |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\CAMLGEN8\MC900351408[1].wmf** | 100% Fruit Juice | **8 oz.** |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\QQYS9GYM\MC900015847[1].wmf** | 100% Vegetable Juice | **8 oz.** |

**VEGETABLES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **A serving of fruit is 1 cup** | | | | | | |
| **Veggie Snack** | | **Portion** |  | **Veggie Snack** | | **Portion** |
| **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt4\j0246219.wmf** | Celery sticks |  |  | **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt3\j0237677.wmf** | mushrooms |  |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\QBCJUQ0I\MC900014786[1].wmf** | Carrots/  Baby carrots |  |  | **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt2\j0215141.wmf** | radishes |  |
| **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt3\j0237237.wmf** | Grape tomatoes |  |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\0MPEPLAY\MC900215790[1].wmf** | Veggie kebabs |  |
| **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt4\j0246135.wmf** | Pepper strips/ mini peppers |  |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\CAMLGEN8\MP900430738[1].jpg** | Snap peas |  |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\QQYS9GYM\MC900331257[1].wmf** | broccoli |  |  | **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt8\j0350274.wmf** | Home-made pickles |  |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PFW6U4SQ\MC900198649[1].wmf** | cauliflower |  |  | **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt3\j0237878.wmf** | salad |  |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\CAMLGEN8\MC900021421[1].wmf** | beets |  |  | **C:\Program Files\Microsoft Office\Media\CntCD1\ClipArt2\j0215159.wmf** | Cucumber slices |  |

**FRUIT**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **A serving of fruit is 1 cup** | | | | | | |
| **Fruit Snack** | | **Portion** |  | **Fruit Snack** | | **Portion** |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\IPGZGFEA\MC900436911[1].png** | Apples/  Apple sauce | 1 medium |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\30HDTEQX\MC900264544[1].wmf** | Grapes  (green and purple) | 1 cup |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PIWM6PWM\MC900264610[1].wmf** | Apricots | 2 small or  1 medium |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\IPGZGFEA\MC900232500[1].wmf** | Tangerines | 1 medium |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\IPGZGFEA\MC900142081[1].wmf** | Bananas | 1 medium |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\30HDTEQX\MC900264510[1].wmf** | Oranges | 1 medium |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\30HDTEQX\MC900436902[1].png** | Blackberries | 1 cup |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PIWM6PWM\MC900264522[1].wmf** | Nectarines | 1 medium |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PIWM6PWM\MC900250825[1].wmf** | Cantaloupe | 1 cup |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\KT9KM07V\MC900014752[1].wmf** | Pears | 1 medium |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\KT9KM07V\MC900246189[1].wmf** | Grapefruit | 1 medium |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\QBCJUQ0I\MC900036394[1].wmf** | Plums | 2 small |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PIWM6PWM\MC900436904[1].png** | Honeydew melon | 1 cup |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\IPGZGFEA\MC900058280[1].wmf** | Kiwis | 2 medium |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\IPGZGFEA\MC900264434[1].wmf** | Watermelon | 1 cup |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\PIWM6PWM\MC900013324[1].wmf** | Strawberries | 1 cup |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\IPGZGFEA\MC900332210[1].wmf** | Blueberries | 1 cup |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\KT9KM07V\MC900264488[1].wmf** | Pineapples | 1 cup |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\CAMLGEN8\MC900264468[1].wmf** | Raspberries | 1 cup |  | **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\30HDTEQX\MC900151167[1].wmf** | Peaches | 1 medium |
| **C:\Documents and Settings\gavinc\Local Settings\Temporary Internet Files\Content.IE5\CAMLGEN8\MC900250840[1].wmf** | Clementines | 3 small |  |  |  |  |
| **Dried Fruit** – Try raisins, apricots, apples, cranberries, pineapple, papaya and others with no added sugar.  **Frozen Fruit** – Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes and melon.  **Fruit Salad** – Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.  **Smoothies** – Blend fruit with juice, yogurt or milk and ice.  \*Many store-made smoothies have added sugar and are not healthy choices. | | | | | | |

**Combinations**

|  |  |
| --- | --- |
| **Consider pairing with** Baked chips or pita bread | Salsa, hummus, bean dip or guacamole |
| Cereal (whole grain, low sugar) | Nuts or low-/nonfat milk or soy milk |
| Cheese stick | Fruit or whole wheat crackers |
| Fresh, frozen, canned or dried fruit (e.g., Clementine’s, natural applesauce, frozen blueberries or grapes, fruit bowls, dried apricots, canned peaches in light syrup, etc.) | Yogurt dips, nuts, nut butters, or low-fat cottage cheese; slice and cube fresh fruit to make a fruit salad; pair with low-fat cheese and create kabobs |
|  | Peanut butter, low-fat dip, hummus, salsa and guacamole or vinaigrette dressings |
| Granola or cereal bar (low fat/sugar) | Low-/nonfat milk or soy milk |
| Mini whole wheat bagel | Peanut butter, hummus or low-fat cheese |
| Nuts | Fruit, yogurt or whole-grain cereal |
| Pudding cup (low fat/sugar) | Banana slices, nuts or low-fat granola |
| Rice cakes | Nut butter or low-fat cheese |
| Whole wheat English muffin | Nut butter or low-fat cheese slice |
| Whole wheat/whole-grain crackers | Nut butter, hummus or low-fat cheese |
| Yogurt (low fat/sugar) | Low-fat granola, nuts or berries |

\* Before bringing in peanut butter, peanuts or other nuts as a snack, check to make sure none of the children has an allergy.