



Healthy Snacking

Wellness Wednesday Webinar Series

April 11, 2018



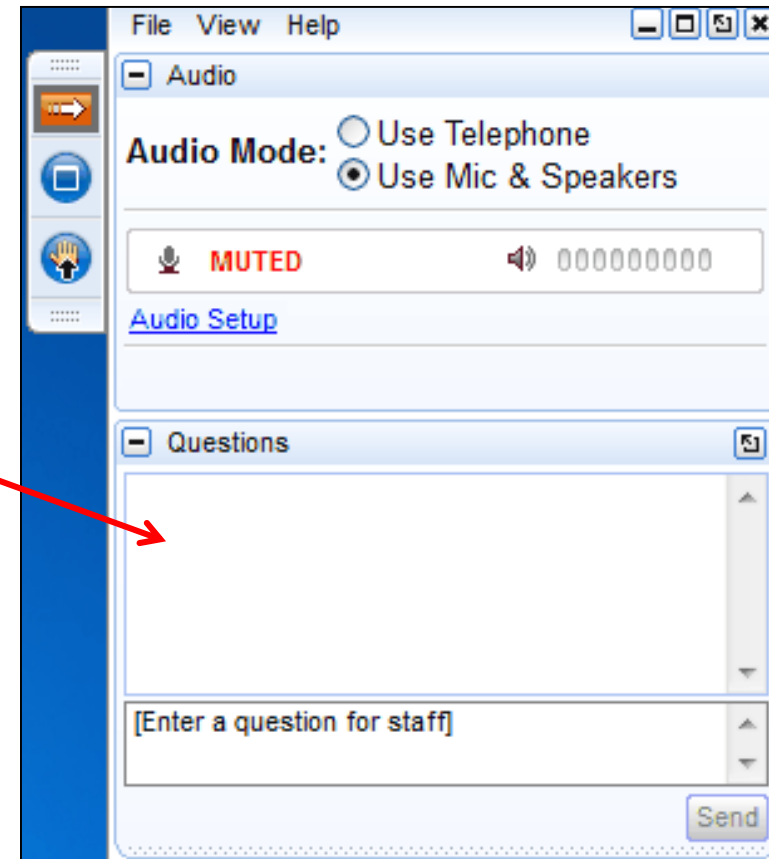
Today's Presenter



Heidi Milby, MPH
Director, School Health Programs
Action for Healthy Kids

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Goals of Today's Webinar

- LEARN – Ideas and strategies for offering healthy snacks in your own school.
- ACT – Create health snack opportunities at your school.
- TRANSFORM – Create a culture that provides students and staff with access to healthy foods

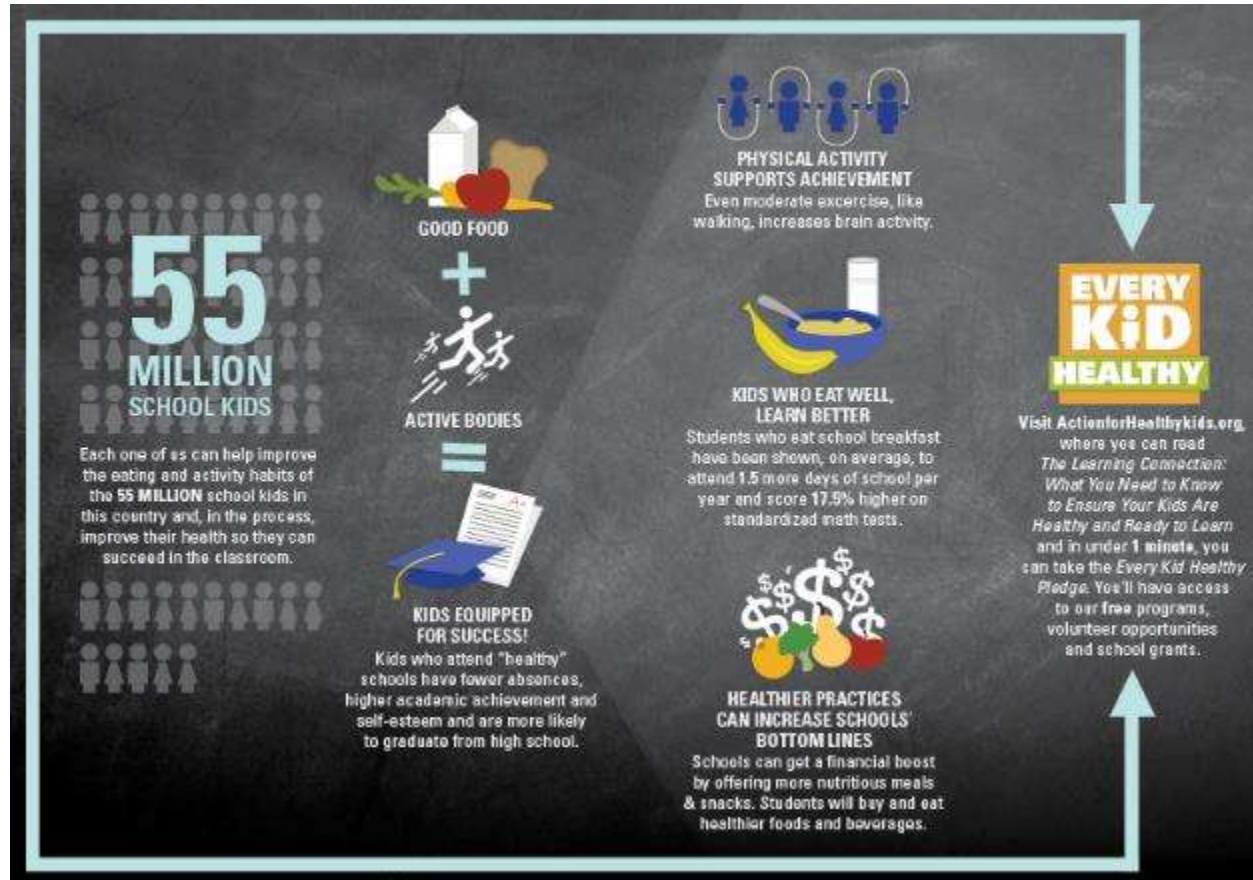


Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

Why Schools?



Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

Game On



- Step 1: Gather Your Team
- Step 2: Assess & Track Progress
- Step 3: Create & Implement an Action Plan
- **Step 4: Find Activities**
- Step 5: Engage Families & Community
- Step 6: Receive Recognition

www.actionforhealthykids.org/game-on

Types of School Snacks

Where do you want to have your impact?

- During versus before/after the school day
- Snacks that kids **bring into school**
- Snacks **provided by the school**
- Snacks served as part of **celebrations and family events**



Keep in Mind...

- Allergies
- Pre-packaged foods
- Serving sizes
- MyPlate
 - Focus on fruits, veggies, low-fat/fat-free dairy products, whole grains
 - Aim for 2 food groups per snack
- You can have a party without food!



Healthy Snack Ideas

- **Fruit Kabobs:** Make a rainbow with your fave fruits on a popsicle stick. Add a cube or two of low-fat cheese.
- **Trail Mix:** Create your own trail mix concoction with three or more ingredients like whole-grain cereal, pumpkin seeds, dried fruit, popcorn, pretzels, coconut flakes or mini chocolate chips. Make it scoopable with Dixie cups.
- **Spiced Popcorn:** Give plain popcorn a makeover with salt-free spices like chili powder, lemon pepper or pumpkin pie spice.
- **Veggies and Dip:** Pair ready-to-go veggies (think broccoli, cauliflower, baby carrots or sugar snap peas) with a healthy dip like honey mustard, salsa, hummus or bean dip.

Healthy Snack Ideas

- **Rice Cake Pizzas:** Make it sweet or savory – Using a rice cake as your “pizza dough”, top with avocado, hummus, bean dip, nut(less) butter. Use fruit or veggies for toppings!
- **Yogurt Parfaits:** Choose a low-fat plain or flavored yogurt and top with your choice of dried or fresh fruit and a low-sugar cereal.
- **Frozen Delights:** Freeze individual applesauce or yogurt containers and enjoy a frozen twist on a classic snack!



Innovative Ideas

Birthday Trays



Office Fruit Bowl



Healthy Snack Sign-up

S N A C K
Sign up
Name: _____ Contact Info: _____

Aug 22-26
Aug 29-Sept 2
Sept 6-9
Sept 12-16
Sept 19-23
Sept 26-30
Oct 3-7
Oct 10-14
Oct 17-21
Oct 24-28
Oct 31-Nov 4
Nov 7-11
Nov 14-18
Nov 21-25
Nov 28-Dec 2
Dec 5-9

School Social Media: Healthy Snack of the Month



Food Art



Innovative Ideas

Taste Test & Nutrition Promotion Kits



Snack Coolers



Students Teaching Other Students



Recipe Books

Recipe		Recipe	
Ingredients	Dix	Ingredients	Directions
			
			
			

P.A.C.K. Week



Game On Activities



- Offer Healthy Snacks
- Food Art
- Healthy & Active Parties
- Healthy & Active Non-Food Rewards
- Host a Taste Test
- Office Fruit Bowl
- Participate in the Child and Adult Care Food Program (after school snacks)

<http://www.actionforhealthykids.org/game-on>

Questions?



Action for Healthy Kids
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Follow AFHK for More Resources



Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!



Healthy and Fun Snack Ideas



Edit

Healthy Treats for Kids



Edit

