



HOME FOOD & NUTRITION AWARD



PROJECT: **HEALTHY SNACKS**

GOALS

A. SNACK ASSESSMENT: Go through your snacks at home and assess your cupboard contents.

B. SNACK CHALLENGE: Make one of the healthy snack options.

A. SNACK ASSESSMENT

Look through your kitchen for the food items below. Determine if you have enough healthy snack options on hand. Choose at least two of the below categories and “makeover” your kitchen.

Fruits and Veggies

Do you have enough fruits and veggies? Having fruits and vegetables on hand to grab quickly is a helpful snacking trick. The more color and variety, the better.

Makeover Tip: Stock up on real fruit, dried fruit, and small snack-able veggies such as carrots and celery.

Carbs

Are your carbohydrate choices healthy? Add in healthy crackers and snacking options. Things such as potato chips, refined breads or white rice can spike your blood sugar quickly and lack nutrients.

Makeover Tip: Whole-grain pretzels or crackers or tortillas and high-fiber, whole-grain cereals provide energy with some staying power.

Sugar

Are your juices, snacks, and cereals high in sugar? Get rid of juice cocktails, sugary snacks, and unhealthy “grab and go” options. Typically you can find a different version of the same snack with natural sweeteners or less sugar!

Makeover Tip: Make healthy sodas or real fruit smoothies; find 100% real fruit juices; choose a high-fiber, low-sugar cereal with fresh fruit for a snack; create your own trail mix.

Proteins

Do you have convenient and healthy protein snack options? You can make simple switches such as getting your meats cut from a whole turkey in the deli section instead of processed (which can include more sodium, corn syrup, and preservatives).

Makeover Tip: Boil eggs; find fresh lunchmeats and cheese; make trail mixes high in nuts and seeds. Greek yogurt, beef jerky, natural peanut, nut butters, or almond milk are all protein-rich options.



B. SNACK CHALLENGE

Work with a family member to make one of the snack recipes below. Make a shopping list, go to the grocery store together, then make your new healthy snack.

Option 1—Healthy Soda

- your favorite 100% Juice
- soda (selzer) water

1. Buy your favorite 100% juice (not a juice “cocktail”). If it does not specify being 100% juice—it likely is not, so double check the label.
2. Combine two parts of juice with one part soda water.
3. You can make flavors such as cranberry soda, orange soda, lemon lime, etc.

Option 2—Homemade Trail Mix

- various nuts (almonds, peanuts, cashews)
- dried fruit (cranberries, cherries, raisins)
- “snack” items (dark chocolate, yogurt covered raisins, popcorn, pretzels)

1. Mix together items such as almonds, peanuts, dried cranberries, raisins, and dark chocolate.
2. Store at room temperature.

Option 3—Finger Foods

- cold cuts (fresh deli salami, turkey or ham, cheese)
- tomato slices
- whole grain crackers

1. Place deli-meats and cheeses on a tray.
2. Slice tomatoes and place on the tray.
3. Surround meat, cheese, and tomatoes with whole grain crackers.
4. Combine in stacks to eat as desired.

Option 4—Green Power Smoothies

- 1 cup milk or milk alternative (coconut, soy, or almond milk)
- 1/2 cup Greek yogurt
- 1 banana
- fresh or frozen fruit (berries, mangos, pineapples, peaches)
- handful of spinach, kale, or collared greens
- healthy fats (1 T coconut oil or nut butter)

1. Combine all items and mix in a blender until smooth.
2. Continue to add additional fruit if necessary to taste.



Option 5—Apple Pie Popcorn

- Homemade microwave popcorn (see below)
- 1 T butter
- apple pie spice mix (see below)
- chopped dried apples (to taste)
- pecans (to taste)

Prep—Home Made Microwave Popcorn

- 1/2 cup plain popcorn kernels per bag
- 1 brown lunch bag

Prep—Apple Pie Spice Mix

- 1/2 t cinnamon
- 1/4 t nutmeg
- 1/4 t allspice
- pinch of sugar

1. Pop your popcorn in an air popper or in a brown bag in a microwave.
2. In the microwave, put the kernels in the bag and fold closed. Pop until you hear the popping slow down (30 seconds - 1 minute between pops). Don't overcook. Makes about 6 cups.
3. Mix the apple pie spice ingredients above.
4. Melt butter and mix with the spices. Drizzle over popcorn.
5. Add in dried apples and pecans.

Healthy Snack Discussion Questions

- *What things left the kitchen in your “snack makeover”?*
- *Do you think its hard to come up with healthy options you like?*
- *What do you think of the substitute snack you tried?*

RESEARCH MORE

- Complete the **Food & Nutrition: Nutrition Basics** project for healthy eating tips.
- hsph.harvard.edu/nutritionsource/healthy-eating-plate Look up the “Healthy Eating Plate” and “Healthy Eating Pyramid” from the Harvard School of Public Health.
- Search “Healthy Kids Recipes” online.
- choosemyplate.gov to see the most recent nutrition information from the USDA.

*My child has successfully completed the Project Goals for the topic—**Healthy Snacks**.*

Adult Signature: _____ Date: _____

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