



## Tips for Healthy Snacking

1. Offer snacks which include vegetables, fruits, and low-fat dairy foods.
2. Serve snacks at regular times – at least 1 1/2 hours before meals. Limit free access to food throughout the day.
3. Serve snacks at the table.
4. Offer snacks to satisfy hunger, not to calm a child or reward behavior.
5. Save on money and health by making your own healthy snacks.
6. Keep it fun with orange smiles, cucumber wheels, broccoli trees, veggie dips and sandwiches cut into cute shapes.
7. Serve snacks with water, fat-free or low-fat (1%) milk.

Today your child learned why it's important to eat healthy snacks.

Young children have small stomachs and need to eat every two to three hours. Healthy snacks help them get the good nutrition they need and give them energy between meals. Your child learns from watching you. Make healthy choices and they will too.

## Bunny Cups with Homemade Ranch Dip

Makes: 6 servings

### Ingredients

1 1/2 cups plain low-fat or fat-free yogurt  
 1/2 teaspoon dried chives  
 3/4 teaspoon dried parsley  
 1/4 teaspoon dried dill  
 1/4 teaspoon garlic powder  
 1/4 teaspoon onion powder  
 1/8 teaspoon salt  
 Carrots, sweet peppers, cucumbers, celery, zucchini and/or jicama

### Steps

1. **Mix** together all of the ingredients, except the vegetables, in a bowl.
2. Cover the bowl and refrigerate for at least two hours.
3. Cut the vegetables into thin, matchstick slices.
4. **Place** a tablespoon of dip at the bottom of a small child-sized cup.
5. **Place** the vegetables so they're standing in the cup.
6. **Enjoy.**

**Have your child help you do the bold steps.**

**Tips:** Try hummus (chickpea dip) or cottage cheese as the dip.

# Water First For Thirst!

Serve healthier drinks for healthier kids.

## WATER:

- When your child says, “I’m thirsty,” offer water before any other drink.
- Be a role model. Drink water in front of children.
- Have water available at meals and snacks.

## MILK:

- Breast milk is best for the first 12 months of life.
- Choose whole milk for children ages 12-24 months old.
- Choose fat-free (skim) or low-fat (1%) milk for children 2 years and older.
- Unflavored milk is best for children of all ages.

## JUICE:

Kids don’t need juice — and babies less than 12 months old should not have juice.

If you do offer juice, make sure it’s 100% juice and limit it to:

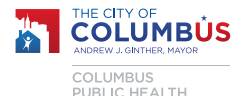
- 4 ounces (1/2 cup) or less per day for children 12 months to 3 years.
- 6 ounces (3/4 cup) or less per day for children 3 years and older.



## MAKE WATER FUN

- Add sliced oranges, lemons, limes, berries, fresh mint or basil to jazz things up.
- Mix one part water and one part 100% juice and freeze in ice cube trays for more flavorful ice.
- Have children decorate their own water cup.

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## Eat Well Play Hard in Child Care Settings



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