



SIoux FALLS AREA

Growing Healthy

INITIATIVE

# Healthy Snacks = Healthy Kids (+3)

## Do you have lots of healthy snack choices in your kitchen?

This chart can help you find them.

<p><b>Hungry for Crunchy or Salty Snacks?</b></p>	<p>Carrots, broccoli, tomatoes, cauliflower String cheese Hard-boiled eggs Peanuts, almonds, walnuts</p>	<p>Salsa with baked chips Pretzels Whole grain cereals, crackers, bagels Celery with peanut butter Veggies with low fat dips</p>	<p>Baked chips Rice cakes Popcorn (low fat)</p>
<p><b>How About Sweet Snacks?</b></p>	<p>Apples, bananas, grapes, oranges Fruit (fresh, frozen) Dried fruits (raisins)</p>	<p>Yogurt (low fat/no sugar added) Granola (low fat) Sugar free pudding</p>	<p>Sugar free jello Canned fruit (not in heavy syrup) Graham and animal crackers</p>
<p><b>What's Good to Drink, and Good For You?</b></p>	<p>Water Skim and 1% milk Smoothy (fruit/milk/ice)</p>	<p>Reduced fat milk Flavored water (1/2 water, 1/2 fruit juice) Sugar free powdered drinks</p>	<p>2% milk Fruit juice</p>

**3 Smiley Faces** - Best Snack | **2 Smiley Faces** - Better Snack | **1 Smiley Face** - Good Snack

And Remember: Healthy Snacks + Healthy Activity = Healthy Kids, So Go Out and Walk, Run and Play!

For more healthy ideas go to [www.healthysiouxfalls.org](http://www.healthysiouxfalls.org)



SIoux FALLS AREA  
**Growing Healthy**  
INITIATIVE

# Want To Get Your Family Growing Healthy?

## Here's some help.

This refrigerator/cupboard cling is a guide for your kids to figure out what snacks are healthy for them. Just peel off the back and it will cling to your refrigerator or cupboard door. *(Don't worry, it isn't permanent, so it won't hurt your door, and it's easy to move around all your pictures and drawings!)*

As concerned parents, we all want our children to be healthy and happy. Two key parts of achieving that goal are good nutrition and physical activity. It's tough to be a parent these days, and Growing Healthy wants to help you be the best nutritional role model and healthy leader you can be.

As the message on the cling says, healthy snacks equal healthy kids. And you can add another equation to that: healthy kids equal happier kids. It all adds up to a better life for your family.

Please put this cling on your refrigerator or cupboard door. This can be a great start to a healthier life for your whole family. Growing Healthy has a great Web site with more nutrition and activity ideas. So visit [www.healthysiouxfalls.org](http://www.healthysiouxfalls.org) for information and inspiration.



SIoux FALLS AREA  
**Growing Healthy**  
INITIATIVE

# Want To Get Your Family Growing Healthy?

## Here's some help.

This refrigerator/cupboard cling is a guide for your kids to figure out what snacks are healthy for them. Just peel off the back and it will cling to your refrigerator or cupboard door. *(Don't worry, it isn't permanent, so it won't hurt your door, and it's easy to move around all your pictures and drawings!)*

As concerned parents, we all want our children to be healthy and happy. Two key parts of achieving that goal are good nutrition and physical activity. It's tough to be a parent these days, and Growing Healthy wants to help you be the best nutritional role model and healthy leader you can be.

As the message on the cling says, healthy snacks equal healthy kids. And you can add another equation to that: healthy kids equal happier kids. It all adds up to a better life for your family.

Please put this cling on your refrigerator or cupboard door. This can be a great start to a healthier life for your whole family. Growing Healthy has a great Web site with more nutrition and activity ideas. So visit [www.healthysiouxfalls.org](http://www.healthysiouxfalls.org) for information and inspiration.