

# 5 Healthy Snacking Tips



## 1. Make a Snack "Menu"

Sometimes kids (and adults) don't see the snacks available to eat because they aren't "put together" yet. A simple list of ideas posted to the fridge can do the trick (ie - "Slice an apple and dip it in peanut butter" OR "Dip some carrots in hummus.").

## 2. Make Snacks Accessible

Set some food out on the counter before the kids come home from school or activities. They are bound to be hungry and are apt to eat the first thing they see. Make it something that you feel ok about them eating.

## 3. Drink More Water

Get everyone their own "special" water bottle or cup. Maybe it's just my family, but everyone drinks a ton more water when they have a full water bottle that they can keep with them at all times. And the more water they drink, the less junk they'll eat.



## 4. Set Time Limits

In our house, we "close the kitchen" a little while before meals and bedtime to discourage snacking. The faucet is always on for drinks of water.

## 5. Be Hands-on!

Teach everyone how to make (or serve) their favorite snacks...Look for simple snacks that your kids can make on their own.