

Nutrition Tidbits

September/October 2014

Where is Food \$ense?

Schools

- Fairmount Elem.
- Odyssey Elem.
- Challenger Elem.
- Discovery Elem.
- Horizon Elem.
- Quil Ceda Elem.
- Liberty Elem.
- Shoultes Elem.
- Frank Wagner Elem.

Transitional Housing Sites

- VOA
- HASCO
- YWCA

Agencies

- Tulalip Family Haven
- VOA Food Bank
- Camp Fire Mega Clubs
- Everett Justice Community Center

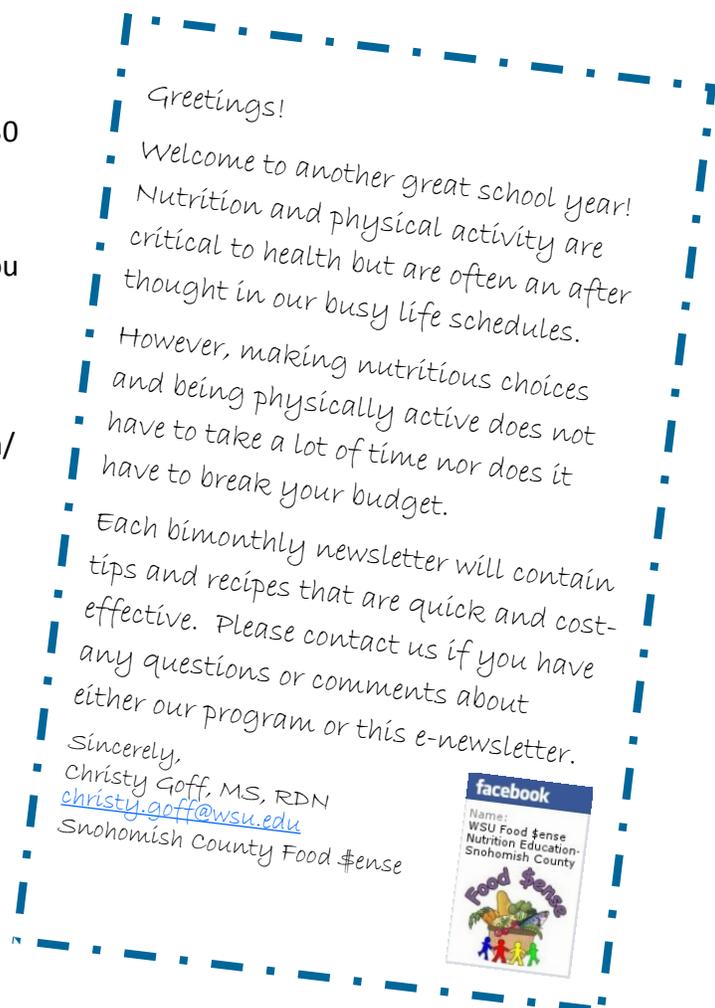
What is Food \$ense?

Food \$ense is a nutrition education program for children, adults, and families with limited incomes. The program provides nutrition education through trained nutrition educators partnering with schools and agencies throughout Snohomish county. Educators use fun, experiential learning techniques and science-based information to engage their audience and motivate them to eat healthier and exercise more.

Here in Snohomish County we work with youth and adults in 30 different schools and agencies.

We have many resources for you to get involved and stay connected:

- **Local Website:** <http://ext100.wsu.edu/Snohomish/families>
- **Facebook:** WSU food \$ense Nutrition Education Snohomish County
- **State Website:** www.Growhappykids.org



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



Join us at our new website
just for Food \$ense Parents!



Nourishing Snacks for the New School Year

Snack time can often feel endless as your child is going from one activity to the next and is seemingly always hungry! So can too much snacking be harmful? The answer is both yes and no. Yes if the snacks are full of unusable calories, fat and sugar. National surveys suggest that kids are eating double the amount of calories from snacks than in the 1970s. However, snacking can still be beneficial when snacks are nutrient rich and allow your child to grow strong and maintain focus in school. Here are three topics to start the school year on the right foot with snacking.

Think of snacks as a mini meal



It's time to redefine snacks. Instead of chips or cookies offer your kids snacks that contain protein and fiber so the snack is more filling and adds needed nutrients to the diet. Think small meals like an ounce of turkey breast with an apple.

Be a Smart Snacker

- ◇ Expect smaller portions for smaller children. Younger children need less food each snack/meal but usually eat more often because their stomachs are smaller
- ◇ Offer nutrient rich snacks your kids might otherwise miss at meals (pre-cut fruits and vegetables for on the go snacks)
- ◇ Offer meals and snacks at predictable times each day to help avoid snacking too close to meal times.
- * Avoid distractions at snack time like TV, computer or video games

Bored of the same old snacks?

Try these snack combinations for a change. healthy and cost-effective ideas.



- ◇ Reduced fat cheese and pear slices
- ◇ Ants on a log
- ◇ Whole wheat tortilla with turkey and cheese
- ◇ Low fat yogurt topped with fresh or frozen fruit
- ◇ Baked tortilla chips dipped in bean dip or salsa

Recipe of the Month - Ants on a log

Ingredients (Makes 10 logs):

- 5 celery stalks
- 1/2 cup peanut butter (or any nut butter of choice)
- 1/4 cup raisins

Variations:

- Instead of peanut butter, try cream cheese or hummus
- Instead of raisins, try other dried fruit like cranberries or blueberries

Directions:

1. Wash your hands!
2. Cut celery stalks in half
3. Spread on peanut butter until celery is full
4. Sprinkle with raisins

