

HEALTHY SNACK IDEAS

healthy snacks help kids learn!

Dear Families,

As a part of our efforts towards health and wellness, we encourage you to support your kids in choosing healthy snacks each day. Adolescents need healthy snacks to help them grow, develop, and be ready to learn. We want your kids to be the healthiest they can be!

Here are some healthy snack ideas to fuel your preteens and teenagers:

- **Turkey Roll-Up:** Sliced turkey rolled up with cheese.
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Pita Sandwiches:** Stuff whole wheat pita bread with any combination of fillers. Try meat, cheese, and a variety of veggies. Add hummus or mustard for extra flavor.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Crackers with Nut Butter or Hummus**
- **String Cheese**
- **Veggies and Dip**

Our efforts are supported by *Let's Go!*, a program at The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Let's Go!* encourages families to adopt the 5-2-1-0 message:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screens time under the age of 2.

For more information about *Let's Go!*, visit www.letsgo.org. Thank you for joining us in our commitment to healthy kids!

Sincerely,

*Nancy Sobanik, RN
School Nurse*

