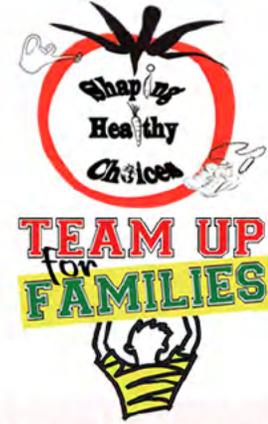




Snackdown!



The results are in!

If you chose mostly A's...

You're off the snack track. Eating sweet or salty treats with empty calories as a snack doesn't provide the nutrients your child needs for their growth and health. Instead of reaching for easy processed food, try to include more fruits, veggies, whole grains, dairy, or protein in your child's snack. Snacks from these categories will help your child have energy throughout the day and be ready to learn!

If you chose mostly B's...

You're on the right track, but there's room for improvement. Don't forget that snacks are an opportunity to promote healthy choices and provide more of the foods your child needs. It can be tempting to grab those ready-to-go packaged snacks that say they are healthy. Don't always trust what is says on the front of the package, make sure you and your child look at the food labels on your snacks too! Work together with your child to decide which snacks will provide the best nutrition for your child's diet.

If you chose mostly C's...

Great job! You and your child are choosing healthy snacks that have a positive impact on your diet. Your snacks work with the rest of your meals to give you a balanced diet throughout the day. Keep doing what you're doing and plan snacks from MyPlate. To make sure you are getting the most from your snacks, choose snacks that include things from more than one group, like peanut butter on apples, cheese & whole wheat crackers, or homemade smoothies with fruit, milk, & vegetables.

Quiz: Do you know a snack when you see it? Take the quiz!

1. When it's time for a snack,
I give my child:

- a. Hot Cheetos or some kind of chip
- b. Granola bars and other kinds of quick to eat bar snacks
- c. Fruit, cheese, whole grain crackers, veggies, something different all the time!

2. In my house, snack time is:

- a. Whenever my child wants something, he can go get it
- b. As I'm making dinner, I usually give out snacks to keep everyone satisfied
- c. We have regular meal & snack times so everyone is hungry at mealtime

3. When I want a snack for myself,
my child usually sees me eating:

- a. An energy drink to keep me going through the day
- b. A 100-calorie pack to keep things light
- c. Whatever food group I didn't get in at my last meal, maybe some dairy, fruits, veggies, beans

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Snacking: It Doesn't Just Taste Good

Snacks are an important part of your child's daily nutrition!

Your child is still growing, so they need healthy food to build muscle & brain power every day. A child's stomach is small and can't handle large meals, so snacks are a great way to get in all those nutrients needed to grow tall and strong. You should plan one or two healthy snacks a day along with three meals to fuel your child's development. But make sure those snacks are healthy! Unhealthy snacks, like chips or soda, just add extra calories and make it harder for your child to do well in school.

Snack time is a good time to let your child pick out their own food, so they learn to make healthy choices with your support. Give your child two to three options to choose from. Try to give options that include foods from the dairy, vegetable, fruit, protein, and grain groups of MyPlate. For snack ideas from each food group that fit your family, visit:

<http://www.choosemyplate.gov/healthy-eating-tips.html>



Snack Ideas for the Whole Family

Snacking is not just for the kids. Here are some ideas for your family to try out together. These are easy to make, so let your child help you or even prepare them on their own for the whole family.

-Italian Style:

Put some pizza sauce on a bagel with low-fat mozzarella cheese, and toast it in the oven to create mini pizzas!

-A taste of the Mediterranean:

Toast some pita bread and serve with different flavors of hummus

-A trip to Paris:

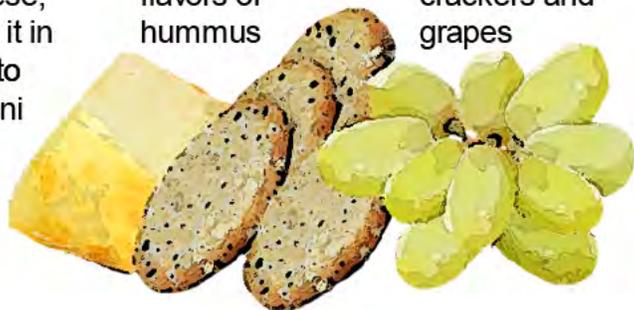
Cut up some cheese and eat it Parisian style with whole grain crackers and grapes

-Shake it up:

Throw some of your favorite fruits (like strawberries, bananas, or blueberries) into the blender with some fat free milk, low-fat yogurt, and ice

-Snacking on the go:

Mix your own snack to go by putting some whole grain cereal, raisins, nuts, and dried fruit in a plastic bag. Instant trail mix!





School Connections

Lesson Connection

In *Lesson 8: Making Healthy Snacks*, your child explored healthy snacks. For these activities they used what they have learned in previous lessons, including: the nutrients we need to be healthy; serving sizes; MyPlate recommendations; how to read food labels; and how food companies try to get us to buy their foods. The students got to make their own healthy "finger salad", a salad you can eat with your fingers! Some of the vegetables used in the finger salad were harvested from the garden.

Kitchen Connection

Here's a recipe that you can try at home!

Stir Fry (Serves 4-6)

1 1/2 cups brown rice
1 tablespoon canola oil
1/2 cup celery, chopped
1 leek, chopped
1 carrot, sliced
1 small napa cabbage, chopped

1 bell pepper, diced
1 head broccoli, cut into small pieces
1 baby bok choy, diced
1 kohlrabi, peeled and diced
1 tablespoon fresh ginger, minced
2 cloves garlic, minced
2 tablespoons low sodium soy sauce
1/4 cup vegetable broth
1 tablespoon rice vinegar
1/2 teaspoon sesame oil

Directions:

1. Prepare the brown rice according to the package directions.
2. In a medium bowl mix soy sauce, vegetable broth, rice vinegar, sesame oil, and corn starch and set aside.
3. In a large wok or skillet over medium-high heat, add canola oil and heat until shimmering. Add celery, leeks, carrots and bell pepper. Stir-fry until slightly softened, about 2 minutes.
4. Add broccoli, bok choy, cabbage, kohlrabi and cook approximately 3 minutes.
5. Push the vegetables to the sides, clearing a space in the center. In the clear space, add the garlic and ginger and allow to cook 30 seconds. Then, stir into the vegetables.
6. Add soy sauce/broth mixture to the pan, mix into the vegetables, and cook for 30

Discussion: Here are some things you can discuss with your child when you make and eat this snack: What do you think are the different nutrients that are found in the stir fry recipe? Where do you think these vegetables are grown? How many MyPlate food groups are found in this dish? How many servings of vegetables do you think you can get from eating this dish?

Family Activity

Make healthy snacks at home together! Here are some more recipes for you and your family to enjoy!

Garden Pita Pockets

$\frac{1}{2}$ whole wheat pita

Mixed green leafy vegetables

Baby carrots

Broccoli florets

1 tablespoon grated cheddar cheese

1 tablespoon salsa

Directions:

Fill the pita with mixed greens, carrots, and broccoli florets.

Top with cheese, salsa, and/or ranch dressing

Note: try this recipe with other vegetables from your garden or the grocery store.

Fruit Smoothies

1 cup orange juice

1 cup low-fat vanilla yogurt

1 cup frozen strawberries

1 $\frac{1}{2}$ bananas

Directions:

Measure out all ingredients and place them into a blender

Blend until smooth

Pour your smoothie into a glass and enjoy!

Don't "Just Say No"

Sometimes you may be tempted to use snack foods to reward or punish your child, but this type of discipline does not teach your child why some behaviors are bad. If you take the time to help your child understand why they should or should not do things, they can learn to make good choices on their own next time. In fact, children whose parents take the time to explain their reasons for the rules behave better. Here are some tips that go beyond "just say no".

-Reward & discipline with words, not food

Using food to reward good behavior or taking food away to punish bad behavior can set up bad habits for the future. Children learn to behave to get food and not because they understand your rules. It can also lead to over-eating. When children get food as a reward instead of to ease hunger they tend to eat more calories.

What to do:

- Praise good behavior with words and affection, like "Good job!" "I'm proud of you!" "You deserve a high five!"
- Clearly explain what your rules are and why you have them. This helps children know what to expect.



-Keep it positive!

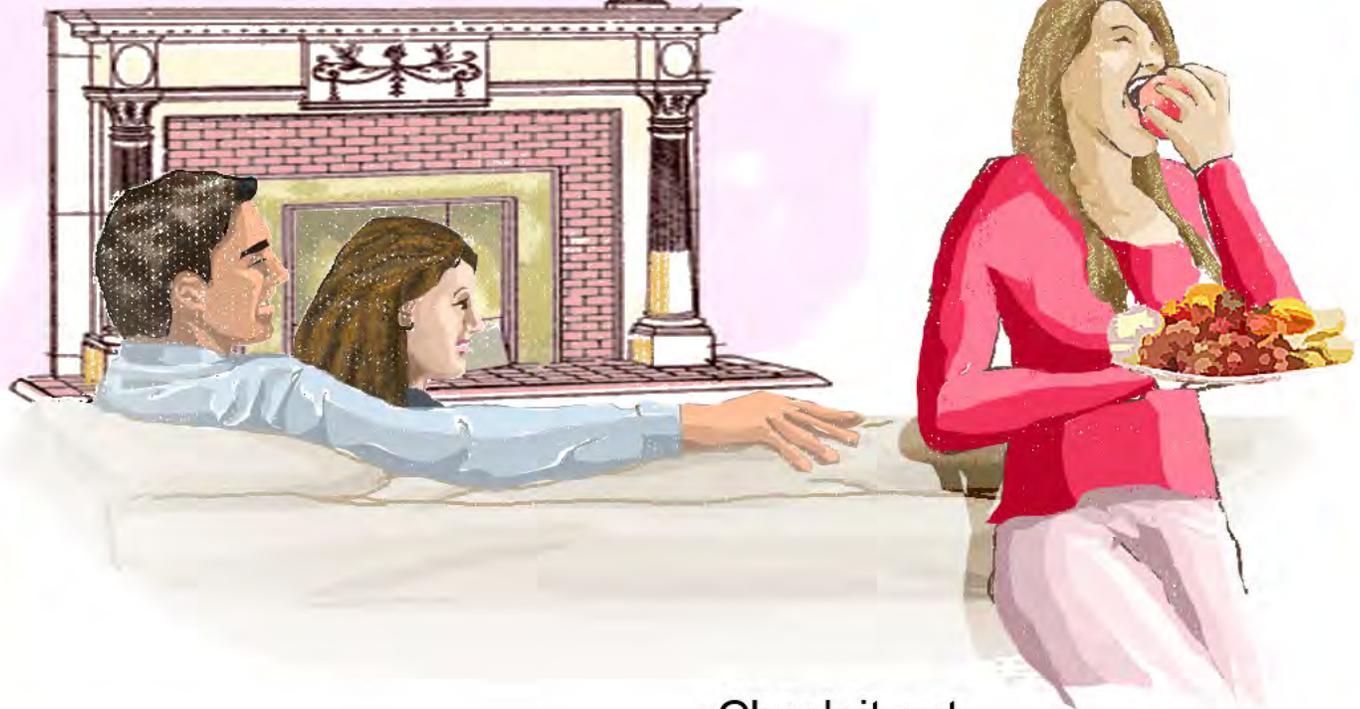
Set your child up to learn how to control their own behavior. Keep a positive & firm tone with your child during discipline. Yelling, criticizing, and hitting can hurt your child and make them tune out. Try to be consistent, the same rules and punishments need to apply for the behavior every time. This sets them up to learn how to control their behavior on their own in the future.

What to do:

- Instead of yelling give your child consequences for their misbehavior. Limits on TV and computer time, taking away their phone or video games, or apologizing for behavior
- Try to link the punishment to the misbehavior. If they don't do their homework because they are playing video games, restrict their access to video games for a given time.

-Making mistakes is okay, we can learn from them

Not all misbehavior is bad, sometimes it is just a mistake. Part of learning to make good choices is making mistakes. When children are afraid of making mistakes it is harder for them to learn which behaviors are okay and which are not.



Chill Out

As children get older and become more independent they need to learn to make their own choices when it comes to food. To learn how to do this, they must start managing their own eating habits. When you make all the decisions for your children at this age, they tend to grow up unable to make good choices and control their own behavior. This means more overeating and misbehaving.

What you can do:

- You choose when, where and what is available for your child to eat.
- Children need to decide how much, or even if they eat. It might surprise you how good they are at deciding for themselves.
- Set them up for success by giving them 3 to 4 good options to choose from. This helps them learn about setting limits for themselves.
- Make healthy choices yourself. They learn their behaviors from you.
- Support and praise the good choices they make and encourage them to make more choices like this.
- Try to keep a set schedule and routine around eating. It is easier to make good decisions when you aren't too hungry and when you know what to expect.

Check it out

Set your child up to learn how to control their own behavior. Keep a positive & firm tone with your child during discipline. Yelling, criticizing, and hitting can hurt your child and make them

- Let your child make up their own snack using two food groups from MyPlate

Healthy Family Challenge

- Make a snack as a family, try one from this issue!
- Praise your child's good behavior with words and affection, not food
- Be positive! Take the time to think about your attitude and behavior as a parent, try to be warm even when disciplining
- Plan snacks at least one hour before meals so that everyone's hungry at mealtime



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