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Try healthy back-to-school snacks in

FEATURE: September



Here's how you can put 5-2-1-0 into action this month:

HUNGRY? SERVE THESE SNACKS

These [healthy snack suggestions](#) from Action for Healthy Kids are sure to satisfy at home or in the classroom!

Fruits

- Fruit kabobs with low-fat yogurt dip
- Dried fruit or 100% fruit leathers
- Frozen fruit (try frozen grapes!)
- Banana pops – bananas, sliced in half, popsicle sticks inserted, rolled in yogurt and whole grain cereal toppings and frozen

Vegetables

- Raw vegetables with a dip such as guacamole, hummus, salsa, bean dip, low-fat yogurt, low-fat ranch or honey mustard dressing
- Celery topped with low-fat cream cheese or nut butter and raisins

Drinks

- Water – try infusing with fruit or vegetables!
- Sparkling punch (sparkling water and 100% juice)



MAKE IT FUN! Turn plain apple slices into “Apple Smiles” by adding nut butter and raisins.

— *Spend Smart. Eat Smart.*

For more tips and resources on how to promote healthy snacks in learning environments from Action for Healthy Kids, [click here](#).

STRATEGY 1:

Limit unhealthy choices for snacks and celebrations. Provide healthy choices.



Does your school, early care or out-of-school program have a healthy celebration policy and/or healthy snack policy?

Classroom snacks and celebrations provide a unique opportunity for children to learn about nutrition and health. Here are some resources to help your site focus on this strategy:

- [A Guide to Smart Snacks in School](#) (USDA)
- [15+ recipes meeting Smart Snacks standards](#) (Iowa Dept. of Education)
- [Pick A Better Snack](#) (Iowa Dept. of Health)

– [10 Strategies for Success](#)



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