



SEPTEMBER

MAKE BACK-TO-SCHOOL SEASON HEALTHY WITH THESE 5-2-1-0 TIPS

HUNGRY? SERVE THESE SNACKS!

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

Veggies

- 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

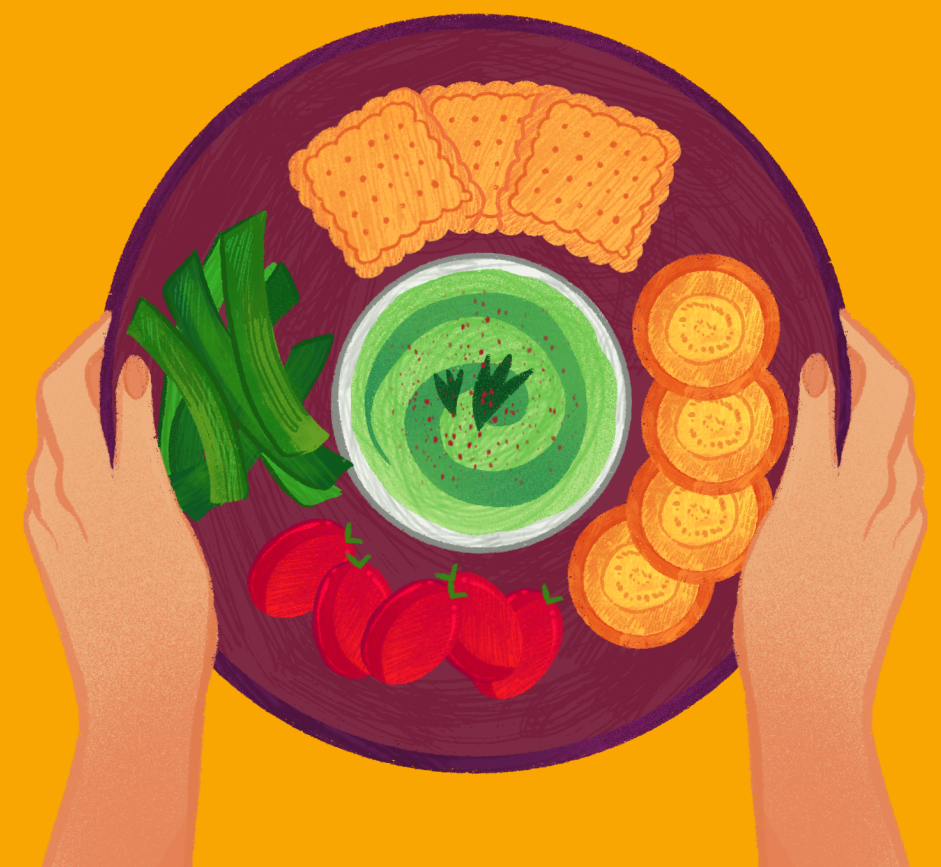
- Water – try infusing with fruit or vegetables!
- Sparkling punch (sparkling water and 100% juice)



LIMIT UNHEALTHY CHOICES FOR SNACKS AND CELEBRATIONS

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. Check out some of these websites for specific tips on building future healthy habits in kids:

- **Iowa Department of Public Health:** [Pick a Better Snack](#)
- **USDA:** [A Guide to Smart Snacks in Schools](#)
- **Iowa Department of Education:** [Smart Snacks](#)



Get more summer safety tips at: iowahealthieststate.com/5210



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