

HEALTHY HABITS



FOR FAMILIES

parrishchildrenscenter.com • 321-264-0855

THE CHILDREN'S CENTER



Parent Tip Sheet #4



Snack to Health!

Choose wholesome snacks to develop healthy eating habits that will last a lifetime.

- Plan ahead. Make a shopping list of healthy foods to buy at the store.
- Pre-portion snacks into bags or containers. Put them in the fridge or pantry for quick grabbing or when on the go.
- Keep snack portions small.
- Offer nutritious snacks, such as fruits and veggies.
- Dried fruits, dried veggies and nuts also make good snacks.
- Space snacks evenly between meals, at least one hour before lunch and dinner
- Involve your child in the buying and fixing of healthy snacks. Give them a choice.



GOAL: This week preplan your snacks for the family.

How to Pack a Healthy Snack

Quick and Healthy Ideas

- Slice up veggies. Place in individual, portioned containers. Serve along or with hummus, peanut butter, or low-fat salad dressing.
- Cut up a variety of fruits. Mix together and store in the fridge for a quick fruit salad. Serve with a dollop of fat-free whipped cream.
- Have a variety of grab-and-go foods on hand, such as cubed or string cheese, applesauce cups, low-fat yogurt cups, crackers and peanut butter, trail mix and popcorn.

Healthy Recipe: Mouthwatering Mini Pizza

- Slice 1 whole-wheat English muffin in half.
- Top each half with marinara sauce (tomato sauce with herbs).
- Sprinkle low-fat cheese on top.
- Toast and enjoy!



Did you know? Eating habits develop at a very young age and are established by adulthood!

Funded by a grant from

Florida Blue 
Foundation

Florida Blue Foundation is a trade name of the Blue Cross and Blue Shield of Florida Foundation, an Independent Licensee of the Blue Cross and Blue Shield Association

Original content provided by JCC Association

CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH