Healthy food for our preschoolers provides not only good nutrition, but influences lifelong healthy eating behaviors. When we make healthy food more interesting, our kids are more likely to eat it. Local food provides a story to engage children and learning about how food is produced is a great way to encourage picky eaters to try new foods, especially if they or someone they know has grown the food.

We parents can help by providing healthy food for school snacks and special events—using local ingredients whenever possible:

- Provide food from at least two food groups.
- Include protein & fruits/veggies—but avoid processed meats.
- Include a quick note to the teacher with any information that will make it more interesting for the kids (i.e. “This is Aunt Irene’s super-duper banana bread recipe” or “We picked the apples from our tree” or “This is our family’s favorite healthy snack”).
- Talk to the teacher about whether they could use some of your extra garden produce in the classroom or the kitchen.
- Help with a school garden, or springtime gardening lessons, & garden/cook/learn with your children at home.

It’s important that we start teaching our children to eat healthy and enjoy healthy food at a young age. —Kelsey Reeder, FLM Preschooler Mama

**HEALTHY SNACK IDEAS:**
Foods in **BOLD** are available locally*

- *Fruit, granola, & yogurt*
- *Veggies & cheese*
- *Whole grain muffins* or crackers, nut/seed butter, & *fruit/veggies*
- *Hard-boiled eggs & veggies*
- *Bean dip, whole grain tortilla chips, & carrots*

*Local food sources (grocery stores, etc.) can be found at www.hcfs.org*
Parent-Provided Snack

Child’s Name: ______________________________
Date for Snack: _____________________________

Please fill out and return with your snack to help tell your child’s teacher about your healthy snack!

What’s the story? (Family recipe, homegrown, favorite healthy snack, gluten-free, etc.)
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

Anything local, homemade, homegrown?__________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

Thank you for helping keep our kids healthy!

SERVING SIZES FOR EACH CHILD

(Age 2-6):

Vegetables/Fruits
1/2 cup veggies/fruit
2 oz applesauce

Whole Grains
1/4 cup crackers
1/2 muffin

Protein
1/2 oz meat, cheese, or nuts
2 oz cooked beans or yogurt
1/2 egg

- Please include fruits or veggies in every snack, & don’t forget protein!
- Include foods from at least 2 food groups, like:
  - Fruit, granola, & yogurt
  - Hard-boiled eggs & veggies
  - Veggies & cheese
  - Bean dip, chips, & carrots

Serving sizes for each child (Age 2-6):

- Vegetables/Fruits
  - 1/2 cup veggies/fruit
  - 2 oz applesauce

- Whole Grains
  - 1/4 cup crackers
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  - Bean dip, chips, & carrots

Thank you for helping keep our kids healthy!