

Parent-Provided Snacks: Healthy & Local

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!.

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

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!