



Snacks Equal Good Nutrition!

Kids like to snack and that's good news! With their small stomachs, they won't get all the nutrients and energy they need with just three meals a day.

Snacks can help provide food energy that growing, active kids need. Be sure to plan snacks that include foods from at least two of the five food groups. Offer snacks two hours before meals so kids will be hungry at mealtimes.

Think "fun" at snack times. Kids enjoy brightly colored fruits and vegetables that they can dip, or different textures—like crunchy crackers and creamy cheese. Offer small snack portions and let kids ask for more if they are still hungry. Just remember to make snacks a healthy part of your child's day.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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