

OCTOBER

Building a Healthier WSD



Smart Snacks

Healthy snacks give kids energy and nutrition. Try these ideas when sending snacks to school:

- Whole-grain crackers with cheese cubes, string cheese or hummus.
- Cottage cheese and fresh fruit.
- Low-fat yogurt topped with granola or your child's favorite cereal.
- Raw veggies like carrots, celery, broccoli, peppers, and tomatoes with a low-fat salad dressing, salsa, or hummus dip.
- Have your child pick out fruit in the store and then help make a fruit salad. Spoon a portion into small bags for an easy snack! Use plastic knives to cut fruit.



Other smart choices:

Fresh fruit	Fig bars	Pretzels
Popcorn	String cheese	Rice cakes
Granola bars	Applesauce	Trail mix
Graham crackers		
Low-fat Pudding, made with milk		
Dried fruit, such as raisins, cranberries, and apricots		

Smart Moves

Try these ideas to build more activity into you and your family's busy day:

Make time for activity.

Walk or ride your bike rather than taking your car. Try exercising while you watch TV. Park your car farther away from the shop.



Find partners.

Get active after dinner with your family - take a walk. Tell your friends and family you want to be more active and ask them to support you. Plan social activities around exercise. Play ball, hike, or walk through a museum.

Stay motivated.

Plan ahead by scheduling an exercise date with a friend or family member. Start a family activity calendar. Look for community and park and recreation programs for a change of pace!

All moves are smart moves!

You are a role model! Kids look up to their parents. Choose healthy foods, exercise and talk about good health with your children. Involve children in making meals, whenever possible. Try to eat together as a family and set aside active time for your family each week. Keep fruits, veggies, low-fat milk and whole-grain snacks in easy-to-reach places.

Visit these Internet web sites for more information:

Smart Snacks: <http://www.nutritionexplorations.org/parents/snack-smart.asp>

Smart Moves: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/ideas.htm>



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