

# Family Nutrition Newsletter

July 2023



## Healthy On-the-Go Snacks

Snacks can **provide anywhere from one-quarter to one-third of a child's nutrient intake** throughout the day. The nutrients we provide in these mini-meals are just as important as regular meals.

Between work, errands, extracurricular activities and the MANY MANY things we have to do as parents and caregivers, finding healthy snacks to fuel our little ones can sometimes take a backseat to our everyday activities.

A well-rounded snack should have **carbohydrates for energy and protein to keep tummies full**. Here are a few on-the-go snack ideas to keep in your back pocket to help fuel your little one for growth, play, and learning:

1

## WHOLE FRUITS

Whole fruits like apples, oranges, and bananas are not only packed with nutrients - but they do not require refrigeration and can be easily thrown into a bag or purse.



2

## PRE-MADE BARS

Granola bars, protein bars, etc are pre-packaged and ready to eat! Many have both carbohydrates for energy and protein to keep your little one full. You can save money by making your own and wrapping them for easy travel. (Click image to view an easy recipe)



3

## SHELF-STABLE APPLESAUCE & YOGURT

These products are packaged and sealed in a sterile environment - which makes them last longer on the shelf and they don't require a fridge. They make a great snack to pack as you are on-the-go!



4

## NUTS, NUT BUTTERS, & TRAIL MIX

Pair individual nut butter packs with pretzels or apple slices for a well rounded snack. Most stores have pre-packed trail mixes that contain a variety of energy and protein packed items. Or make your own...your little one can even help! (Click image for ideas)

