

Unit 8 Super Snackers: Parent Extension

Hi, this is Shanita with the Montgomery County Office of Public Health.

Unit 8 is our final unit of the 123 a Healthy Me series. This month we talk about healthy snacks, which we like to call “Super Snacks”.

Snacks are an important part of our day because they not only satisfy hunger in between meals, but they also have the ability to give us a boost of energy to get through the day.

Snacks are most beneficial when they add nutritional value like fiber, calcium or another nutrient our body needs. Most of the times, we tend to think of kid snacks as being something sweet or salty and may find ourselves offering them things that really add no nutritional value at all.

If children are used to eating unhealthy snacks, it may take some time to change their tastes for healthier snacks, but it can be done.

First there must be a plan in place. The first step to your planning may be to list out a few healthy snacks that you think your child may enjoy. Then plan out that week’s set of snacks. Next, start incorporating those things onto your grocery list and having those healthy food items more readily available and accessible to your child. For example, place fruit out where they can see it, or have your healthy snacks already bagged up for easy grabbing.

After you’ve made your plan, it’s now time to act. When your child asks for a snack, grab one of the snacks from your planned list.

Keep in mind that there may be a need for some craftiness in how you present your snack. If you know your child will have a hard time giving up their favorite cookie, still offer the cookie but pair it with something nutritional like grapes. Gradually introduce them to healthy options that they may not have been used to eating.

Allowing them to create food art is a great way to get them to try healthy snacks.

Another method is to try relating that food item to something they like or think is cool or fun, just like we did with superheroes and super snacks.

Be sure to check out the chart we’ve provided for you with a list of snack items that you can mix and match to make your own unique combinations.

Thanks for watching and always remember- be healthy, have fun and stay safe.