

# Smart snacking ideas



- ❖ Orange or tangerine sections
- ❖ Chunks of banana, pineapple, melons, or strawberries
- ❖ Frozen fruit bars
- ❖ Wheat crackers topped with cheese slices
- ❖ Toast with peanut butter
- ❖ Ready-to-eat cereal—with or without lowfat milk
- ❖ Mini pizzas made with English muffins, cheese, and tomato sauce
- ❖ Vegetable sticks
- ❖ Steamed broccoli, green beans, or baby carrots with lowfat dip
- ❖ Vegetable juice
- ❖ Bean dip with whole wheat crackers
- ❖ Lowfat ice cream, ice milk, or yogurt

## And remember . . .

Limit TV watching so that your child does not see too many “junk food” commercials.

Keep portion sizes “snack” size, not meal size.



### Try this recipe!

#### Bean Dip

2 cups cooked pinto beans or 15-oz can pinto beans, drained  
2 cups (16 oz) salsa  
8 oz nonfat sour cream  
1 tomato, chopped (optional)

Put  $\frac{3}{4}$  cup salsa and pinto beans into blender and blend until smooth. In a serving bowl, spread remaining  $1\frac{1}{4}$  cup salsa on bottom of bowl. Layer bean mixture on top of salsa; cover bean mixture with nonfat sour cream. If desired, top with chopped tomato.

**Reminder:** In order to prevent food-related choking in young children, parents/caregivers should make foods as safe as possible for young children. Prevention is the best approach. Parents should modify the shapes and textures of the foods most likely to cause choking. Children under 2 years of age should not be given peanut butter.



# Move with your family

- ❖ Go for a walk outside.
- ❖ Go to a park or playground.
- ❖ Run through a sprinkler.
- ❖ Have everyone help with chores: sweeping, raking, vacuuming, picking up toys.
- ❖ Play music and dance, stretch, jump, skip, and march.
- ❖ Work in a garden.
- ❖ Wash the car, wash the bikes.
- ❖ Have your children play with toys that help them move: balls, bikes, push toys.
- ❖ Play active games such as races, dodge ball, tag, musical chairs.
- ❖ Make your own toys:
  - **Balls:** Roll up socks, crumpled paper, old aluminum foil, yarn.
  - **Racquets:** Pull the bottom of wire coat hangers down into a diamond or circular shape. Cover with old pantyhose legs, nylon knee-highs, or large socks, securing the ends with a rubber band or masking tape. Bend the hook of the hangers in and cover any sharp edges with masking tape to make a handle.
  - **Tunnels:** Open up a large box at both ends and cover with a large sheet or blanket. Let your child crawl through the “tunnel” and explore.
- ❖ Park the car near the end of a parking lot and walk.
- ❖ Get off the bus early and go the rest of the way on foot.
- ❖ Take the stairs instead of the elevator.
- ❖ Turn off the TV and video games.

## And remember . . .



Adults need to be active at least 30 minutes a day.

Children need at least 60 minutes a day of active play.



TV and video games should be limited to no more than 2 hours a day.



WIC is an equal opportunity provider.

FLORIDA  
**WIC**

Good Nutrition for  
Women, Infants & Children

For more information, go to <http://www.doh.state.fl.us/family/wic/index.html>

