

# OCTOBER NEWSLETTER

Warren Consolidated Schools

## Healthy Snack Ideas

- **How to encourage Healthy snacking:**
  - Make sure healthy snack ideas are available and within reach for your children.
  - Try eating snacks with your Kids. Kids look up to the adults in their life and are more likely to eat the healthy snacks provided for them if they see their role models eating them too!
- **Healthy Snack ideas:**
  - **Apples and peanut butter**
    - Try offering multiple types of apples to add a new flavor to this snack
  - **Vegetables and hummus**
    - Hummus is loaded with protein that will help kids feel fuller for longer.
  - **Ants on a log**
    - Add peanut butter to celery with raisins or chocolate chips on top for a fun interactive snack.
  - **Whole grain crackers with cheese**
    - If your kids like crunchy snacks, this is a great alternative to chips.
  - **Slices of fruit and cheese**
    - Cheese is a good source of protein and vitamin D that will help support bone health. Children also need 3-4 servings of fruit a day, so any opportunity to offer fruit is beneficial to development.
  - **Ham, cheese, and veggie roll ups**
    - try rolling up a cheese stick and long slices of veggies in a slice of ham. This snack can also be cut into rolls to look like sushi.

## Upcoming Events

- October is farm to school month!
- October 14-18th National School Lunch Week!

## Produce in Season

- Apples
- Beets
- Broccoli
- Carrots
- Cabbage
- Pumpkin
- Pears
- Figs



In season fruits and vegetables are typically cheaper and more flavorful! Try incorporating in season fruits and vegetables into your meals at home to save money at the grocery store and to encourage your children to try new foods!

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