

# Snacking Tips for Parents

*Expertise in Matters of the Heart*

Plan ahead and buy healthy snacks when you grocery shop — you will save money and will make healthier choices than buying snacks on the go.

Provide kids choices and make the choice you offer reasonably nutritious.

Pre-portion your child's snacks into small plastic bags to grab on the go or put a snack-sized serving on a plate.

Designate an area in your refrigerator or cupboard for healthy snacks that you have selected and your kids like—let them help themselves without having to ask for permission.

Combine snacks from at least two food groups to pack more nutrients into your child's diets—it will be more filling and will hold them over until their next meal.

For example, adding milk to cereal or serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein, and other important nutrients to snacks.

**REMEMBER TO  
SPACE SNACKS FAR  
ENOUGH AWAY  
FROM MEAL SO  
APPETITES ARE NOT  
SPOILED!**



## TANGY YOGURT VEGETABLE DIP RECIPE

### Ingredients:

2 ½ cups plain yogurt	¼ tsp garlic salt
1 packet onion soup mix	1 tsp dill weed
1 tbsp minced parsley	Pinch black pepper

### Preparation:

Mix ingredients in a bowl. Use vegetables of your choice—carrot sticks, celery sticks, green pepper rings, broccoli, zucchini sticks, radishes, etc.

It's best to make the dip ahead and refrigerate it overnight so that the flavors will blend and the dip will thicken slightly.

### Nutrient Information:

38 calories / 1 g fat / 5g carbohydrates / 3 g protein / 96 mg calcium

Visit [www.mealsmatter.org](http://www.mealsmatter.org) for FREE tips, interactive nutrition assessment tools, easy-to-prepare recipes, meal suggestions and more.

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