



MARCH SNACK HEALTHY!

#HealthyChoicesCount



STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

FIND MORE 5-2-1-0 RESOURCES:
www.iowaHealthiestState.com/5210



DID YOU KNOW?

Your grocery store can have over 100 different kinds of produce! Take a look at all of the different fruits and vegetables in your local grocery store. Most stores can have 100 or even 200 different types of fruits, vegetables, herbs, and other produce for sale. Why not try something new every week?



STRATEGY 1:

Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Does your staff model healthy behaviors for kids?
- Have you, your school, or your program implemented a healthy snack policy?
- Has your school or program implemented a healthy celebration policy for children and families?



SET GUIDELINES

If your children are old enough to serve themselves, setting some rules (and a good example) can help them keep on track:

Healthy Snacking at Home - Action for Healthy Kids

Healthy Snack Habits for Kids - Stanford Medicine

Kid Friendly Snacks Your Kids Will Love - 5-2-1-0 Healthy Choices Count!

HOST A TASTE TEST

Sample new flavors with your kids with these fun spins on a normal taste test!

Host a Taste Test - Action for Healthy Kids

How to Prepare a Taste Test at Home with Kids - Food Corps

Conduct Taste Tests - 5-2-1-0 Healthy Choices Count!