



Healthy Choices Count!

[IowaHealthiestState.com](http://IowaHealthiestState.com)

# MARCH SNACK HEALTHY!

[#HealthyChoicesCount](https://twitter.com/HealthyChoicesCount)

## 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:

- Don't eat chips, cookies, or other snacks out of the bag or box. Pour or place a serving in a bowl or on a plate.
- Have a glass of water or skim milk rather than soda or fruit-flavored drinks.
- Have snacks at the kitchen table rather than in front of the TV or computer screen.
- Ask a parent or caregiver if it's OK to have a snack before getting one

## HOST A TASTE TEST

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

- **Veggie vs. Veggie:** Sample two new fruits or veggies with the same topping!
- **Sample Varieties:** Wash and slice different varieties of apples, tomatoes, or peppers.
- **Raw vs. Roasted:** Taste tests can be an opportunity for students to see how much flavors can change when cooking fruits and veggies!



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