

Bulletin: Snacks for the Home Field

Here are a few healthy snacking ideas for you to try at home.

- Peel a banana, cut it in half, and skewer onto a Popsicle stick. Dip it in yogurt, roll in crushed cereal and freeze in a plastic baggie.
- Stuff a whole grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- Mix together carrot coins and cucumber slices in a sandwich bag for an on-the-go snack.
- Smear a small scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
- Top lower-fat vanilla yogurt (<3.25% MF) with a spoonful of crunchy granola and sprinkle with blueberries.
- Microwave a small baked potato. Top with lower-fat cheddar cheese and salsa.
- Make snack kabobs. Put cubes of low-fat cheese and grapes on thin, whole grain pretzel sticks.
- Blend skim, 1% or 2% milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- Fill a waffle cone with cut-up fruit and top with lower-fat vanilla yogurt.
- Sprinkle grated parmesan cheese on hot popcorn.
- Inside-out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- Spread mustard on half a whole grain flour tortilla. Top with a slice of turkey or ham, lower-fat cheese, and lettuce. Then roll it up.
- Melt cheese with less than 20 percent milk fat (% MF) between whole wheat tortillas. Cut into strips and serve with salsa.
- Sprinkle whole wheat tortillas with a little cinnamon sugar and bake. Cut into triangles and serve with strawberry salsa. To make salsa, dice strawberries, kiwi, and cucumber. Mix with a little cinnamon, honey and lime juice.
- Wrap a couple slices of turkey and a slice of lower-fat cheese inside of a piece of lettuce.
- To make your own delicious sorbet, freeze 4 cups of berries or melon chunks, combine with ½ cup orange juice, and put them in a blender until smooth.

Dip it! Bonus Snacks

- Dip baby carrots and cherry tomatoes in a small amount of ranch dressing
- Dip strawberries or apple slices in lower-fat yogurt
- Dip red and green pepper strips in lower-fat hummus
- Dip whole grain pretzels in mustard
- Dip whole grain pita bread in hummus or tzatziki
- Dip graham crackers in unsweetened applesauce
- Dip baked tortilla chips in bean dip or salsa
- Dip animal crackers in lower-fat pudding or unsweetened applesauce
- Dip bread sticks in salsa

