



A nutrition Fact Sheet



Pack a Snack Box

Use a snack box to help you and your family choose healthy snacks. Snack boxes help your children choose a variety of foods for afterschool snacks or other snack times. Parents or adults choose what goes in the box and children choose what they would like to eat.

1. Have two snack boxes: one for the refrigerator and one for the cupboard.
2. Figure how many snacks you need for one week. Make a list of foods to include in the snack boxes. Include a variety of foods that are crunchy, chewy, creamy, and juicy. Also include foods from all of the of food groups.
3. Each week, add snack foods to the boxes. Family members can choose a snack from the snack boxes after school, after work, or in the evening.
4. Make sure the snacks are ones that your family likes. Create a request sheet that family members can add to each week.

Think about what you drink

- Drink water often, but limit vitamin/flavored water. They are expensive and may contain sugar.
- Choose lowfat milk.
- Choose 100% juice. (Limit to 4 ounces.)
- Save high-sugar juice drinks, sports drinks, energy drinks, and soda for adults.
- Consider infusing water with fresh fruit, such as lemons, limes, strawberries, or oranges for added flavor. Store in the refrigerator.

Create a Trail Mix

Create your own trail mix and portion into single servings to include in a snack box.

Grains

Choose whole grains whenever possible and avoid sweetened cereals

- Shredded wheat cereal
- Other whole grain cereals
- Pretzels
- Small whole wheat crackers

Fruit

Unsweetened (or with as little added sugar as possible) dried fruit

- Raisins
- Dried apples
- Banana chips
- Dates

Protein

Raw or roasted unsalted, unsweetened nuts and seeds

- Peanuts
- Almonds
- Pumpkin seeds
- Sunflower seeds

Ideas for snack boxes

Cupboard

Fruits

- Canned fruit packed in water or 100% juice
- Dried fruit, such as raisins
- Fruit cups

Nuts

- Nuts (peanuts, pistachios, almonds, etc.)
- Peanut butter
- Nuts and raisins (trail mix)

Grains

- Lowfat granola bars or breakfast bars
- Whole wheat pita bread with hummus (refrigerate hummus)
- Air popped popcorn
- Brown rice cakes
- Whole grain bagels
- Whole wheat or whole grain crackers
- Baked chips

Produced by the **University of Missouri Extension** and **Family Nutrition Education Programs**.



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Refrigerator

Fruits

- Apples
- Applesauce
- Grapes
- Oranges

Vegetables

- Broccoli
- Carrots
- Celery sticks
- Cherry tomatoes
- Cucumbers

Milk

- Cottage cheese
- Lowfat yogurt
- Cheese cubes or slices
- String cheese

Contact Us

Visit www.buyeatlivebetter.org for more information.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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