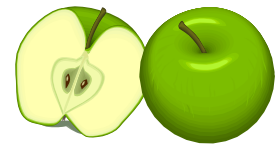




Snacks for Preschoolers

Be a good role model and share a healthful snack with your child.



- 🍏 Snacks provide energy for your busy preschooler.
- 🍏 Small, nutritious snacks can keep your child from getting hungry between meals.
- 🍏 Serve meals and snacks about the same time every day. This helps your child manage their hunger.
- 🍏 Let your child choose their snack from a variety of foods. Any healthful food is a good snack. Make sure foods you serve are not a choking danger for your child.*
- 🍏 Children's small stomachs limit the amount of food they are able to eat. Snacks are a good way to include a food group (milk, fruit, vegetables, grains and meat & beans) your child missed eating at an earlier meal.
- 🍏 Avoid keeping junk food (candy, soda, etc.) around the house. When you do allow your child to eat junk food let them know it is an occasional treat and not something they should eat everyday.

Apple Surprise Serves 2.

1 medium apple

1 tablespoon of raisins

1 tablespoon brown sugar

1 teaspoon margarine



Rinse apple with cold water. Core apple; remove all seeds. Set apple in microwave safe bowl. Fill inside of the apple with brown sugar, raisins and margarine. Cover with waxed paper or microwave-safe plastic wrap with corner turned back for steam to escape. Microwave on High for 4 to 5 minutes or until apple is tender. Cool. Cut in half and serve. Refrigerate leftovers.

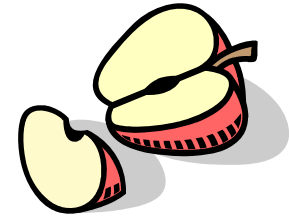
Food Choking Dangers

Follow the tips below to help protect your child from choking:

- **These foods are the ones that cause the most choking in children under the age of three or four:**

nuts, seeds, popcorn, hot dogs, whole grapes, hard candy, raw carrots, cough drops, chips, chewing gum, peanut butter, marshmallows, pretzels, raisins, cherries with pits, chunks of meat and raw celery

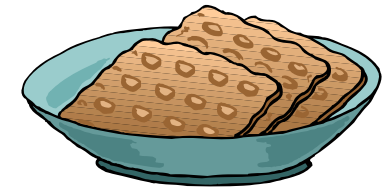
- **Some favorite foods can be offered if properly prepared:** Cook hard vegetables like carrots until slightly soft and cut into thin strips. Cut hotdogs lengthwise into thin strips. Cut grapes into small pieces. Spread peanut butter thin.



- **When toddlers are eating keep a close eye on them. Have them sit down and don't let them walk or run away from you while they are eating.**

- **Avoid laughing and talking when your child is chewing and swallowing.**

- **Keep a close eye on what siblings or other relatives may give your child.** Your child may not be ready for some foods an older brother or sister may give them.



- **Offer "finger foods" such as:** graham crackers, pieces of banana, or strips of soft cheese.



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