



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
NUTRITION EDUCATION PROGRAMS

# SNACKS

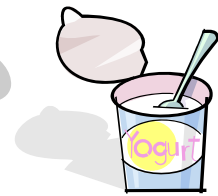
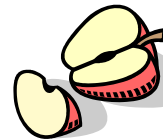


Dear Parent,

Today your child learned about snacks. Snacks are a good way to include a food group we may not have eaten at another meal. Be a good role model by eating healthful snacks and serving your child healthful snacks. If you have questions, contact your local Extension office:



- Any healthful food can be served as a snack.
- Choose snacks low in fat, sugar and salt.
- Whole grain foods, fruits, vegetables, and low-fat and fat-free milk and milk products are good snack foods.
- Small, healthful snacks, between meals, keep you and your child from getting hungry and overeating at mealtime.



***You and your child can have fun making Graham Cracker-Fruit Snacks together:***

### **Graham Cracker-Fruit Snacks**

2 Graham cracker squares  
1 Tablespoon peanut butter or cream cheese  
Soft fruit slices (banana, peach, pears, raisins)

1. Spread peanut butter or cream cheese on top of a graham cracker square.
2. Top with fruit slices.
3. Top with another graham cracker square.

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