



# Nutrition News



## Snacks for Summer

### Snacking

- ★ Snacks play an important role in daily nutrition, particularly for younger children.
- ★ Regularly scheduled snacks provide needed energy to bridge the gap between major meals.
- ★ Offer a snack two or more hours after a meal.
- ★ Healthy snacks are needed for children to develop and grow.

### Just Dip It!

- ★ Dip baby carrots or halved cherry tomatoes in ranch dressing.
- ★ Dip strawberries or apple slices in low fat yogurt.
- ★ Dip pita chips in hummus.
- ★ Dip graham crackers in applesauce.
- ★ Dip baked tortilla chips in salsa.
- ★ Dip a granola bar in yogurt.

### Try These Healthy Snacks for Kids

- ★ Peel a banana and dip it in yogurt, then roll in crushed WIC cereal and freeze.
- ★ Spread celery sticks with peanut butter or low fat cream cheese, then top with raisins.
- ★ Stuff a whole grain pita pocket with ricotta cheese and apple slices; add a dash of cinnamon.
- ★ Mix together cereal, dried fruit and nuts in a sandwich bag for a take-it-to-go snack.
- ★ Microwave a small potato, then top with reduced-fat cheddar cheese and salsa.
- ★ Make kabobs by alternating cubes of fruit and cheese on pretzel sticks .



- ★ Sprinkle pea butter on apple

### More Yummy Snacks

- ★ Blend low fat milk, frozen strawberries and a banana for 30 seconds for a delicious smoothie.
- ★ Sprinkle grated cheese over a corn tortilla, fold in half and microwave for 20 seconds.
- ★ Toss dried cranberries and chopped walnuts in plain instant oatmeal.
- ★ Fill a waffle cone with cut up fruit and top with yogurt.
- ★ Sprinkle grated Parmesan cheese on hot popcorn.
- ★ Top banana slices with vanilla yogurt, then sprinkle with your favorite whole grain cereal.
- ★ Spread mustard on a flour tortilla, add a slice of turkey, cheese & lettuce. Roll up and enjoy.
- ★ Toast an English muffin, drizzle with pizza sauce, and sprinkle with low fat mozzarella cheese.



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