

# IT'S SNACK TIME!

## Healthy snacks can be quick and easy.

### TIPS FOR A HEALTHY SNACK



#### FRUITS/VEGETABLES

- Use a reusable container to pack pre-cut fruit and vegetables
- Add dried fruits like raisins or cranberries to a snack-sized container for an easy go-to option



#### DAIRY

- Try adding fruit to plain yogurt for a calcium-rich snack
- When recipes include cream cheese, use low-fat or fat-free ricotta cheese instead



#### WHOLE GRAINS

- Use a reusable container to pack whole grain cereals or popcorn
- For a quick snack on the go, pack whole-grain crackers



#### PROTEIN

- Add peanut or any other nut butter as a dip for apples or celery sticks
- Add a hard-boiled egg to a lunch bag for a great source of protein



### EAT HEALTHY ON A BUDGET

#### PLAN YOUR WEEKLY MEALS

- Explore new healthy and low-cost snacks.
- Use foods you already have and pack them as a to-go snack.
- Pack fresh or dried foods like fruits or nuts.

#### SHOP SMART

- Switch to drinking water with lemon instead of sugary drinks.
- Compare the price and number of servings from fresh, canned, and frozen produce.
- Oftentimes, store brands can be less expensive than some of the name-brand foods.

#### PREPARE HEALTHY SNACKS

- To make your next snack easier, pre-cut produce ahead of time.
- Have snacks nearby to keep your energy up.

Learn more about [Healthy Eating on a Budget | MyPlate](#).

### ACTIVITIES

- [MyPlate Crossword Puzzle](#)
- [MyPlate: Look and Cook Recipes](#)

Sources: [California Department of Public Health](#) and [U.S. Department of Agriculture](#)

### RECIPE CORNER

#### ZUCCHINI CHIPS

##### INGREDIENTS

- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups fresh zucchini

##### PREPARATION

1. Preheat the oven to 450 degrees.
2. In a small bowl, mix the oil, lemon juice, herbs, salt, and pepper.
3. Wash, peel, and cut the zucchini into 1/4" rounds to get 3 cups cut-up vegetables.
4. Spread the zucchini on pan.
5. Coat the vegetables with the oil mixture.
6. Bake for 20 minutes. Stir after the first 10 minutes of baking.
7. Serve the vegetables while they are still hot.

**Makes 6 servings.**

For more healthy recipes, visit [CalFresh Healthy Living](#).

### RESOURCES

For more information about food assistance, visit [Women, Infants and Children \(WIC\)](#). WIC helps families get healthy food and much more. WIC is a federally funded USDA nutrition program that is administered by the California Department of Public Health.

