



Oliver's team talk

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Teach! TEACHERS' CORNER

All About Snacking

- Snacking on nutritious food will keep your energy level high and your mind alert without taking up a lot of your time.
- People who eat regular meals and healthy snacks are less likely to overeat and gain weight than people who skip meals.
- Going to bed on an empty stomach can make you toss and turn. The best solution is to eat a small dinner and a snack to prevent energy swings.
- Skipping meals or going long periods of time can cause stomach acid to slosh around and irritate your stomach. You might get gas pains and stomach cramps.

Excite! READY, SET, GO!

Snacking in the Classroom

Snacking is important for children to help meet their energy and nutrient needs for growth and development!

- Have your kids bring in healthy snacks to eat during reading time to promote healthy eating and full stomachs.
- Make one day of the week healthy snack "show and tell". Have your students bring their favorite snacks and present them to the class.
- Teach your students that vending machines are full of non-healthy snacks. Fruits and veggies are a much better way to boost energy and keep them full throughout the day!

Activate! MAKE YOUR MOVE

Snacking Strategies

- ✓ Prepare healthy snacks in advance. Cut up melons or vegetables like celery, and keep the servings in bags in the fridge, ready to grab and go.
- ✓ Keep healthy snacks with you. Make it a habit to stash some fruit, whole-grain crackers, or baby carrots in your bag so you always have some healthy food nearby.

Make it interesting. Whole-wheat pretzels with spicy mustard, rice cakes with peanut butter and raisins, or low-fat fruit yogurt are healthy, tasty, and easy.

Motivate! SPREAD THE WORD

Trio of Dips w/ Fruit and Veggies

Ingredients:

Seasonal fruits of choice (berries, melons, etc.)
Vegetable sticks of choice (carrots, celery, cucumbers, etc.)
1 cup of hummus
1 cup low-fat strawberry or vanilla yogurt
½ cup low fat cheese dip

Preparation:

Set out all three dips in small bowls on a platter with the fruits and veggies placed around the dips. Start dipping!

*This snack is great for an after-school snack. Fast, easy and fun to eat. Try a new fruit and veggie weekly.

Make **HEALTHY CHOICES** for Life![®]

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