



Healthy Snacks: They Don't Have to Cost More!

Often, healthier foods are considered to be more expensive than sugary prepared options. While some healthy items are pricey, there are also affordable alternatives for kids to help them get more fruits, vegetables, and whole grains into their diets. Shopping smartly and creatively can make both you and children excited about eating healthy.

You can choose to portion snacks yourself rather than buying individually packaged and popular snacks. Consider cheaper and better alternatives to the snack aisle choices. The table to the right shows costs of various snacks, with the less sugar and fat-filled options on the left.

Baby Carrots: \$5.00 2lb bag: \$2.50 x 2	vs .	Small bags of chips: \$7.99 (24 pack)
String Cheese: \$7.18 12 pack: \$3.59 x 2	vs .	Crackers and cheese spread packs: \$8.78 15 pack: \$5.49
Boxes of raisins: \$5.28 6 pack: \$1.32 x 4	vs .	Fruit Roll-Ups: \$6.45 10 pack: \$2.68



Features:

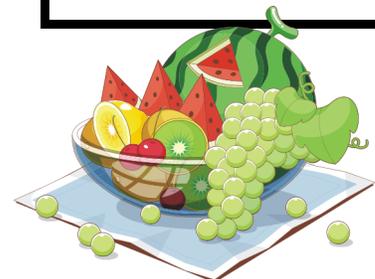
- *Healthy Snacks: They Don't Have to Cost More*
- *MyPlate Joins Pinterest and Facebook*
- *Competitive Foods Policy*
- *"I Got Caught" Sticker Incentives*
- *Empowering Students to Adopt Healthy Lifestyles*
- *Serving Up MyPlate*
- *Summer Workshops*
- *Gardening with Kids*

More Ideas:

- sliced apples
- fruit cups
- small sandwiches
- whole grain cereals

- Take children with when grocery shopping. By allowing them to be part of the decision making process (to an extent), it provides them with ownership of the snacks available at home.
- At home, to encourage healthy snacking, position a fun bowl of snacks at children's level, both in the fridge and on the table.
- Other ways to encourage healthy snacking are in the preparation. Fun snack-sized bags are often a hit and offer more portion control than eating out of a large bag, peeled and sectioned oranges are much easier for kids, and individual low-fat yogurt cups can make good snacks.

*Kids' Party Option A	Kids' Party Option B
<ul style="list-style-type: none"> • Store-Bought Cupcakes: \$18.99 • Hi-C juice boxes: \$5.00 	<ul style="list-style-type: none"> • Low-fat vanilla yogurt (32 ounce container): \$3.26 x 3: \$9.78 • Fruity Cherrios for bottom of cup and topping (1 box): \$2.50 • Bananas (1/2 per child): \$2.65 (\$0.59/lb) • Party cups (your child's choice!): \$4.99 • Spoons: \$1.00
Total Cost: \$23.99	Total Cost: \$20.92



*Created by Carrie Scheidel, guest blogger for [Spend Smart. Eat Smart.](#) Click to read more.

MyPlate Joins Pinterest and Facebook

It is now even easier to follow a reliable nutrition source, find recipes, and share with others, as MyPlate now has a Facebook page as well as a Pinterest page!

This is a way to make resources from a reliable source more available, organized, and easy to find. However, even if you don't have a Pinterest account, the resources and recipes available on the page are available to everyone and organized thoughtfully. As of April 1st, there are over 900 pins from MyPlate Recipes, including basic information about MyPlate, and a wide array of recipes for all occasions.

Each food group has its own Board (group), but even more helpful, popular categories have boards, including:

- Healthier Desserts
- Pasta Dinners
- In Season
- Kid-Friendly Meals
- Make and Take
- No Cook Dinner
- Slow Cooker Meals
- Many More!



Each pin (recipe) follows back to the source of the recipe, which includes many popular sites like *Food Network* and *Cooking Light*. If you have an account, you can easily Re-pin (save) the recipe to look at later, but it is a great resource for planning meals even without an account.

The screenshot above shows just a few of the available Boards to view on the MyPlate Recipe page which is available at <http://pinterest.com/MyPlateRecipes/>

MyPlate is also active on Facebook, sharing nutrition information, as well as physical activity information. Find the MyPlate Facebook page at <https://www.facebook.com/MyPlate>.

Influence of Competitive Foods and Beverage Policies on Children's Diets and Childhood Obesity

Children and adolescents consume more than 35 percent of their daily calories in school. Snack foods sold outside of the school meals programs through a la carte lines and vending machines are often high in fat, calories, sugar and salt and offer minimal nutritional value. These snacks and beverages are called competitive foods because they compete with school meals for student's spending. Schools are addressing policies for such items.

Policies that influence student's diets even influence their weight by reducing children's caloric intake. Students consume lower calorie foods when that is what is available to them but students consume fewer healthier foods when schools offer unhealthy options. Learn more from the policy brief from the Healthy Eating Research program of the Robert Wood Johnson Foundation: <http://www.rwjf.org/en/research-publications/find-rwjf-research/2012/07/influence-of-competitive-food-and-beverage-policies-on-children-.html>.

“I Got Caught” Sticker Incentives

If you're in the market for more positive reinforcement incentives, keep your eyes open for “I Got Caught” Stickers. They are a great way to reinforce and encourage good eating habits of Kindergarteners through 6th graders if they are seen or “caught” eating a healthy breakfast or any one of the food groups.

The Oregon Dairy Council has these

stickers, along with many other MyPlate incentives and resources for children of all ages. Find the resources, including stickers here:

oregondairycouncil.org/catalog/?show=category&category=nutrition-for-kids



Empowering Students To Adopt Healthy Lifestyles



The Presidential Youth Fitness Program is currently offering funding opportunities to support participation in the Presidential Youth Fitness Program for a period of two years.

Fitness assessment materials, professional development for physical educators, and awards and recognitions for students will be provided to eligible schools— 100% of the elements are provided the first year, while

50% of the elements are provided for the second year.

Eligible schools include those employing a certified physical education teacher on a full-time or part-time basis. Multiple awards for the program are available for select applicants, and the deadline is April 30th, 2013.

Please contact the Presidential Youth Fitness Program for more information and to apply: <http://www.presidentialyouthfitnessprogram.org/funding/index.shtml>

Serving Up MyPlate: Know Your Nutrients

<http://teamnutrition.usda.gov/Resources/servingupmyplate.htm>

Team Nutrition's MyPlate Curriculum for elementary—*Serving up MyPlate* has been available to download from the website, but is now available as printed copies!

The curriculum covers grades 1-6, offering three different lessons for each two-grade section. Schools participating in the Child Nutrition Programs may now request free printed Teacher's Guides, *Eat Smart To Play Hard With MyPlate* poster and mini-posters, and *MyPlate at Home* parent materials.

“Know Your Nutrients” is an example of a lesson available for grades 5 and 6. Students first list what they think makes foods “healthy”, listen to a song, and then learn about the 6 nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water).

Each lesson contains opportunities to elaborate on the subject, handouts needed,

and integrates into many core subjects.

The Serving Up MyPlate Graphics for School Menus is also new. These graphics

which feature characters from the Serving Up MyPlate curriculum are available to jazz up elementary school meal menus and encourage healthy choices. Download the free graphics from Team Nutrition at <http://teamnutrition.usda.gov/graphics.html>.



Amazing Body Videos

- 11 visual and interactive learning centers on body organs, nutrition, and physical activity
- Use for health fairs, classroom lessons, etc.
- Includes implementation tips and classroom follow-up activities.

Now in two formats:

- View or download free <http://pbsdll.k12.sd.us/>
Keyword search:
"Amazing Body Tour".
- Or order on DVD by contacting
karlys.wells@sdstate.edu.



United States
Department of
Agriculture



south dakota
DEPARTMENT OF EDUCATION
Learning, Leadership, Service.

Child & Adult Nutrition
Services



Karlys Wells, MEd, Editor
Extension Associate NN/TN
SDSU Extension
605-688-4039
karlys.wells@sdstate.edu

Mary Kirk
Program Specialist
Child & Adult Nutrition Services
SD Department of Education
605-773-3413

Website:

doe.sd.gov/cans/teamnutrition.aspx

The South Dakota Department of Education and South Dakota State University are Affirmative Action/Equal Opportunity Employers and offer all benefits, services, education and employment opportunities without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era Veteran status.

Cool Cooks in Schools Workshop



Summer training for food service professionals is offered for a limited number of participants on the SDSU campus, May 28-30, and at the Terra Sancta Retreat Center, Rapid City, June 11-13. Topics will include Production Records, Menu Planning, Quantity Cooking, Mindless Marketing, Fruit and Veggie Bar Prep, Recipe Analysis and more. Rooms and most meals are provided. Mini-grants to cover the costs of the training and then complete a small follow-up project are offered. Applications will be accepted on a first come first served basis and are limited to two people per school/agency. **Access the registration brochure, schedule, and mini-grant application at doe.sd.gov/cansteamnutrition.aspx. Scroll down to Mini-grants.**

Harvest of the Month

<http://doe.sd.gov/cans/documents/HOMwrkshp.pdf>

To support teachers using the Department of Health's Harvest of the Month (HOM) materials, a one day training is scheduled for July 9 in Sioux Falls and July 23 in Rapid City. Travel stipends of \$150 will be available to eligible agencies that will implement HOM. Up to two individuals per agency will be able to apply for the stipend. View the HOM materials at <http://sdharvestofthemonth.org>. New materials to be explored include preschool versions and outside of school time resources.



SDSU Extension
School & Youth
Gardens
Workshop

SCHOOL & YOUTH GARDENING WORKSHOP

is offered by Extension Community Development Specialists on July 10 in Sioux Falls and July 24 in Rapid City. Model gardens, age appropriate activities, growing organically, nutrition in fruits and vegetables, butterflies and pollinators and a culminating field trip to a youth garden are part of the training. Cost is only \$30 per person. This workshop follows Harvest of the Month training and facilitates use of the travel stipend but either day may be accessed independently. Access the registration files at <http://doe.sd.gov/cans/documents/HOMwrkshp.pdf>.

Gardening with Kids Lessons

www.gardeningwithkids.org/lessons-and-activities.html

Search the extensive resources on the Gardening with Kids website. Look for activity ideas and projects. For example, a topic search using the word "worm" produced lessons on "Soil: More than Just Dirt", "What Turns Kids On and Off About Gardening", "Composting 101", "Getting Hooked on Worms", and 3 more pages of ideas!