



A Nutrition Resource



PACK A SNACK BOX

Use a snack box to help you and your family choose healthy snacks. Snack boxes help your children choose a variety of foods for afterschool snacks or other snack times. Parents or adults choose what goes in the box and children choose what they would like to eat.

4 Tips to getting started

1. Have two snack boxes: one for the refrigerator and one for the cupboard.
2. Figure how many snacks are needed for one week. Make a list of foods to include in the snack boxes. Include a variety of foods that are crunchy, chewy, creamy, and juicy. Also include foods from all of the food groups.
3. Each week, add snack foods to the boxes. Family members can choose a snack from the snack boxes after school, after work, or in the evening.
4. Make sure the snacks are ones your family likes. Create a request sheet that family members can add to each week.

Think about what you drink

- Choose plain water often, limiting vitamin or flavored water which are expensive and may contain sugar.
- Choose low-fat milk.
- Avoid beverages with added sugars such as sports drinks, energy drinks, sweetened coffee and tea beverages, and sodas.
- Limit 100% juice drinks to 4oz per day, or choose whole fruit for added fiber. Before age 12 months, 100% fruit or vegetable juice should not be given to infants.
- Consider infusing water with fresh fruit, such as lemons, limes, strawberries, or oranges for added flavor. Store in the refrigerator.

Create a trail mix

Create your own trail mix and portion into single servings to include in a snack box.

GRAINS

Choose whole grains whenever possible and avoid sweetened cereals

- Shredded wheat cereal
- Other whole grain cereals
- Pretzels
- Small whole wheat crackers

FRUIT

Unsweetened (or with as little added sugar as possible) dried fruit

- Raisins
- Dried apples
- Banana chips
- Dates

PROTEIN

Raw or roasted unsalted, unsweetened nuts and seeds

- Peanuts
- Almonds
- Pumpkin seeds
- Sunflower seeds

Check out our recipe to *Create Your Own Snack Mix* (and more!) at <https://buyeatlivebetter.org/recipes.html>

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Ideas for Snack Boxes

For the cupboard

FRUITS

- Canned fruit packed in water or 100% juice
- Dried fruit, such as raisins
- Fruit cups

NUTS

- Nuts (peanuts, pistachios, almonds, etc.)
- Peanut butter
- Nuts and raisins (trail mix)

GRAINS

- Low-fat granola bars or breakfast bars
- Whole wheat pita bread with hummus (refrigerate hummus)
- Air popped popcorn
- Brown rice cakes
- Whole grain bagels
- Whole wheat or whole grain crackers
- Baked chips



For the refrigerator

FRUITS

- Apples
- Applesauce
- Grapes
- Oranges

VEGETABLES

- Broccoli
- Carrots
- Celery sticks
- Cherry tomatoes
- Cucumbers

DAIRY

- Cottage cheese
- Low-fat yogurt
- Cheese cubes or slices
- String cheese

OTHER

- Dips such as hummus, guacamole, yogurt and peanut butter, or ranch dip; pre-portioned into serving sizes.
- Homemade fruit salsa, banana and yogurt snacks, or other kid-friendly snacks which can be found on our website at <https://buyeatlivebetter.org/recipes.html>

Adapted from University of Missouri Extension and Family Nutrition Education Programs.

