



MISSION:  
**Healthy Kids**



## Healthy snacks on the go

Before you head out to your kids' next baseball practice or a family weekend trip, take time to pack some healthy, grab-and-go snacks to keep in the car or wherever your adventures take you. A little planning can go a long way toward healthier choices.

**Selecting healthy snacks:** The key is to make sure your snacks are nutritious and contain protein. Protein promotes fullness because it signals the release of appetite-suppressing hormones, slows digestion and stabilizes blood sugar levels.

**Hydrate, hydrate, hydrate:** Designate a reusable water bottle for each family member, and fill it up before you leave the house. Hydrate before, during and after activities.

**Consider a car cooler:** Purchase some reusable ice packs to use in a small cooler or insulated lunch bag. Keep snacks in the cooler to prevent food poisoning in the summer heat.

**Veggies and dip:** Veggies are great for snacking, but they're not very high in protein on their own. Increase your protein intake by pairing them with a yogurt dip, peanut butter or hummus.

**Cheese sticks or slices:** A recent study found that children who ate a combination of cheese and vegetables for a snack needed significantly fewer calories to make them full, compared to those who ate potato chips. There are many portable cheese options on the market. Pair cheese with veggies or fruit for a protein and fiber-filled snack.

**Edamame:** Edamame (soybeans) is a smart, on-the-go munchie that many kids like. Beans are packed with iron, omega-3 fatty acids, and protein. Keep them in the fridge for a quick and healthy snack.

**Protein Wraps:** While regular bread may become soggy after a few hours, wraps are much sturdier. Plus, they come in a variety of flavors and high-fiber varieties. Fill them with nut butter, turkey, cheese, pesto, or any other nutritious sandwich stuffer you like.

**Energy bites:** Energy bites are a delicious, high-protein snack made by combining a variety of ingredients, such as nut butter, oats and seeds, and then rolling them into balls. They don't require baking. Prepare a batch ahead of time so that you have a snack available when you need to grab and go.

**Fresh or dried fruit:** Cut up fresh, seasonal fruit like melon, berries and pineapple and divide it into reusable plastic containers you can carry with you. Apples, oranges and grapes are portable and travel well, too. Combine a handful of dried fruit with some nuts or cheese to create a healthy, filling snack.

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**Mission: Healthy Kids** raises awareness about the impact of nutrition, physical activity and healthy minds on kids' physical development, ability to learn and emotional well-being, and it offers resources for students, parents and educators to help kids eat right and stay active.

