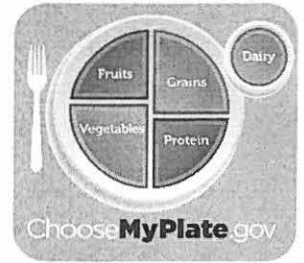


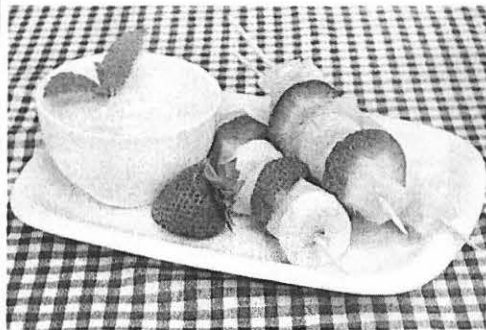
Dippin' Into Healthy Snacks

Parents,

Today in class, your child learned about the importance of fueling their body with healthy snacks. Students learned about the five food groups and how to pair them to create healthy snacks. They were also given the opportunity to try dunking fresh fruit into a homemade low-fat mint yogurt dip. It was a hit!



Fresh Fruit with Low-fat Mint Yogurt Dip Recipe



- 1 quart low-fat vanilla Greek yogurt
 - 1 tablespoon fresh mint, minced
 - 1/4 teaspoon lemon rind, grated
 - 2 to 3 tablespoons honey
 - Favorite fresh fruit (for dipping)
1. Whisk the yogurt, mint, lemon rind and honey until blended.
 2. Garnish with extra mint leaves, if desired.
 3. Serve with fresh fruit. Refrigerate leftovers.

A great way to help your child enjoy healthy snacks is to pick them out together!

Use the list below for healthy, well-balanced snack ideas:

- 1 Cup Raw Vegetables + 2 Tbsp. Hummus or Low-Fat Ranch Dressing
 - 1 Cup Sliced Fresh Fruit + 1/4 Cup Low-Fat Yogurt Dip
 - 1 Sliced Apple + 2 Tbsp. Peanut Butter
 - 1/2 Cup Oatmeal + 1/4 Cup Dried Fruit
 - 1 Hard-Boiled Egg + 1 Slice Whole-Grain Toast
 - 1 Cup Fruit and Milk Smoothie
 - 1 Cup Celery Sticks + 2 Tbsp. Peanut Butter
- 5 Whole-Grain Crackers + 5 Low-Fat Cheese Slices
- 1 Small Handful of Nuts + 1 Low-Fat String Cheese Stick
 - 1 Cup Whole-Grain Cereal + 1/2 Cup Low-Fat Milk
- 1 Small Vegetable Side Salad + Sprinkle of Cheese or Nuts
 - 1/2 Turkey and Low-fat Cheese Sandwich with Veggies
 - 1 Whole-Grain Waffle + 1/2 Cup Fresh Fruit
 - 1 Small Low-Fat Yogurt Parfait