

# Snack Smart



Do you ever get a little hungry between meals? Do your kids or grandkids ask for snacks? Do you ever run out of ideas about what to serve at home or what to send along for school snacks?

If the answer to any of these questions is “yes,” consider some healthy snack options for home, work or school. Think of snacks as minimeals, which can fill nutrition gaps when chosen wisely.

Are you eating the 3.5 to 4.5 cups of fruits and vegetables recommended daily for most people? Try having an apple and some baby carrots for a snack to boost your nutrition.

## Try These MyPyramid-inspired Snacks

### Grain group

- Whole-grain minimuffins or minibagels
- Whole-grain crackers or pretzels
- Air-popped popcorn
- Baked tortilla chips
- Homemade trail mix (see recipe provided)



### Vegetable group

- Baby carrots, cherry tomatoes, celery sticks, cauliflower and broccoli florets\*

### Fruit group

- Grapes, cherries, strawberries, melon chunks (honeydew, watermelon, cantaloupe)\*
- Whole fresh fruits, such as apples, nectarines, plums, kiwifruit, apricots and oranges
- Prepackaged fruit cups
- Dried fruits (raisins, craisins, apples)

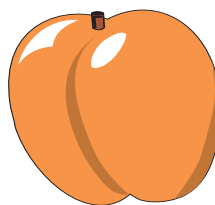
### Milk group

- String cheese\*
- Low-fat or fat-free yogurt\*

### Meat and Beans group

- Bean dip (Mix equal parts of black beans [drained] and your favorite salsa for a quick, protein-rich dip)\*
- Lightly salted or unsalted nuts

\* indicates a “perishable” food. These foods should be refrigerated or placed in a lunch bag or box with a frozen juice box or gel pack.



## Keep Your Snacks Safe

- Refrigerate perishable foods, including cut-up fruits and vegetables, within two hours of preparation.
- If you are preparing snacks for young children, be careful about choking risks. Always supervise young children while they are eating. Remind them to chew food thoroughly, take small bites and eat slowly. Toddlers usually can eat foods that are cut into ½-inch pieces.

## Watch Kid-friendly Snack Videos Online

To view four short videos showing how to make snacks, visit [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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# I have a lot of apples on my tree, and I would like to dehydrate some. Do I need to buy a food dehydrator?

A food dehydrator works well for drying food and uses less energy than an oven, but you can use your oven. Here's how to dehydrate apple slices in your oven.

Safety note: If you have children in your home, do this while they are not around or be sure they are kept away from the oven to prevent burns.

1. Peel and core apples and cut into slices or rings  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. You can leave the peelings on the apples; however, the peelings toughen during the dehydration.
2. Pretreat with ascorbic acid or a lemon juice/water mixture to help prevent them from becoming discolored and to keep their texture.  
Note: Ascorbic acid works better than lemon juice.  
\* **Ascorbic acid method:** Use "Fruit Fresh" according to the package directions. Or dissolve 1 tablespoon of pure crystalline ascorbic acid in 1 quart of cold water. This is usually available in the food preservation section of the grocery store. Add cut fruit and soak for a few minutes; remove with a slotted spoon; drain well and dehydrate.  
\* **Lemon juice method:** Use 1 cup of lemon juice for each quart of water. Place the peeled, cut fruit in the lemon water mixture for as much as 10 minutes.
3. Sprinkle treated apples with cinnamon if desired.
4. Set the oven on its lowest setting and leave the oven door open. Place a fan next to the oven so the air carries away the moisture. The ideal temperature for drying is 140 degrees Fahrenheit. This process may take two to three hours depending on the humidity and the drying temperature.
5. The apples are dry when they still are flexible but they have no moist area in the center when cut open. If they are not dried enough, the apples could become moldy during storage. After the apples are dry, allow them to cool for about an hour. Store the dried fruit in an air-tight container. For more information about preserving apples, see [www.uga.edu/nchfp/tips/fall/apples.html](http://www.uga.edu/nchfp/tips/fall/apples.html).

# I've been hearing about the egg recall. What can I do to be sure that I prepare eggs safely?

If you find a recalled food in your home, return it to the store for a refund. Since you cannot taste or see bacteria, handle all eggs safely with these tips:

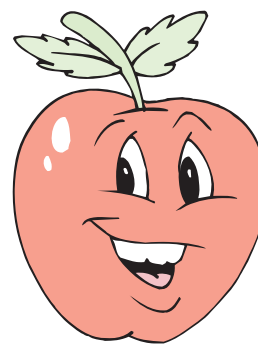
- Keep eggs refrigerated.
- Carefully wash hands, utensils and bowls that have come into contact with raw eggs.
- Do not eat raw or undercooked eggs.
- Cook eggs until the whites and yolks are firm.

## Trail Mix

- 1 c. almonds (or peanuts)
- $\frac{1}{2}$  c. chocolate chips or M&M's
- 1 c. dried fruit (such as raisins, apples)
- $\frac{1}{2}$  c. dried cranberries
- 1 c. oatmeal squares cereal

Measure ingredients and put in a large zip-close bag or in a large bowl. Shake or stir to mix. Portion into 16 single-serving zip-close bags.

*Makes 16 servings. Per serving: 140 calories, 6 grams (g) of fat, 20 g carbohydrate and 3 g protein*



Just for Fun:

Why did the apple stop  
rolling down the hill?  
Because it ran out of juice!

Julie Garden-Robinson, Food and Nutrition Specialist

### McKenzie and Williams Counties Family Nutrition Program

*Please call for more information on nutrition,  
food purchasing or food safety.*



*Heather Wisness*

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