



Exploring 4-H at Home



Sustainable Agriculture
and Food Security

Pillar: Sustainable Agriculture and Food Security

Project: Foods

Activity: Healthy Snacks (Pages 26 & 27)



CANADA
4-H Saskatchewan

Foods

Leader Guide

Healthy Snacks

Key Concepts

- Healthy snacking helps boost your energy throughout the day
- Always have a healthy snack on hand and in an easy to access place
- Be creative in making your own healthy snacks

Information

- Benefits of snacking
 - Keeps you energized throughout the day
 - Good way to manage hunger and helps prevent overeating at meals
- How to encourage healthy snacking
 - Have prewashed fruits and vegetables available in the fridge
 - Ensure healthy snacks are easier to reach than treats
 - Avoid soft drinks
- Healthy snack ideas
 - Fruits and vegetables (prewashed, ready to go)
 - Portioned cheese and cracker packages
 - Plain popcorn
 - Homemade trail mix or granola
 - Hardboiled egg

Materials

- 5 ingredients from your kitchen/pantry
 - This does not include spices and seasonings
 - It does include things like juices/marinades and dressings, etc.
 - Homemade dressings/marinades count as 1 ingredient (Example: ranch dressing, BBQ sauce, etc.) even though they have more than one ingredient inside of them.
 - You cannot use premade meals as a base (Example: store bought lasagna)
- Cooking utensils and appliances appropriate for your snacks

Instructions

1. Go through your pantry, refrigerator, freezer and cupboards to see what ingredients you have available.
2. Use your previous knowledge or research healthy snacks.
3. Using your ingredients and created or found recipe, make your snacks.
 - a. Don't be afraid to prepare more than one snack at a time that you can keep handy for later.
4. Take a picture and send it to us with your ingredients you used and a recipe if you have one.
 - a. Don't forget to tag it with #explore4hathome
5. Enjoy your snack and challenge your friends to do the same!