



WPS
INVENT A HEALTHY SNACK
CONTEST



March is **National Nutrition Month®**! Let's celebrate with a super fun snack contest.

*Invent a healthy snack following these rules...

- 1) Include a protein, a grain, and a fruit or vegetable (choose your ingredients from the attached lists).
- 2) Please avoid eggs and nuts in your snack for allergy safety.
- 3) Keep it simple: try not to use too many ingredients.

*Fill out the attached recipe sheet, including...

- ✓ A list of ingredients
- ✓ Instructions for how to prepare your snack
- ✓ A sentence explaining why you think it is a healthy choice
- ✓ A picture of your snack (photo or drawn)

*Submit your recipe to your teacher by **March 19th, 2018**.

*Bring your prepared snack to school on **March 21st** to be judged.

***** Parent and teacher tasters will taste and judge your snacks on Wednesday, March 21, 2018. One winner per classroom (K-5) will receive a special recognition and will prepare their snack as part of a WPS Super Snack video production!**

FRUITS

Apples, avocados, bananas, blackberries, blueberries, cantaloupe, clementines, grapes, honeydew melon, mangos, oranges, pears, pineapple, raspberries, raisins, unsweetened applesauce

VEGETABLES

Broccoli, carrots, celery, cucumber, peppers, snap peas, snow peas, tomatoes, baby spinach, salsa, edamame, hummus

GRAINS:

Whole grain tortillas or pitas or bread, whole grain nut-free cereals such as Chex and Cheerios (choose varieties with little to no added sugar), whole grain crackers such as Triscuits or pretzels, rice cakes, popcorn (not the buttery kind or kettle corn), oats (think nut-free granola)

Consider gluten-free options such as *Glutino* brand pretzels!

PROTEINS:

Low-sodium turkey or ham, pumpkin seeds, sunflower seeds or sunbutter, soy butter, plain *Greek* yogurt, cheese

HERE ARE A COUPLE OF EXAMPLES...

- Mini whole wheat pita (grain) with 1 slice of turkey (protein), mashed avocado (fruit & healthy fat!), and baby spinach leaves (veggie)
- Trail mix made with raisins (fruit), Cheerios/Chex (grain), and pumpkin seeds (protein)

HAVE FUN! BE CREATIVE! "GO FURTHER WITH FOOD"!

Think variety - healthy foods from all of the food groups; think before you shop - what do you have already at home; think about your portions - find the amount that is *just right!

WPS NATIONAL NUTRITION MONTH® SNACK CONTEST 2018

MY HEALTHY SNACK RECIPE

Return by March 19th

NAME: _____ **GRADE:** _____

MY SNACK IS CALLED: _____

INGREDIENTS:

INSTRUCTIONS:

MY SNACK IS HEALTHY BECAUSE...
