

---

# Healthy Snacks for the Holidays

---

## Brought to you by the *California Children's 5 a Day—Power Play! Campaign*

Everyone loves the holiday season ...and what would the holidays be without food! Family celebrations can teach children valuable social skills such as helping to prepare food, sharing with others, and cleaning up after themselves. All of this can be done while having fun!

If healthy foods are chosen as part of the festivities, it can be an opportunity to reinforce good nutrition. By increasing children's awareness and encouraging them to eat plenty of fruits and vegetables every day, we can help them develop life-long healthy habits.

We have a chance to show children how easy it is to prepare nutritious and delicious food that they can enjoy at any time of the year. What better way to celebrate health than with your family during the holidays!

---



---

## *Recipe Ideas for the Holiday Season*

### **Power Play! Trail Mix:**

- Combine chopped apricots, prunes, dates, raisins, or other dried fruit with almond slices and low fat granola cereal.
- Eat by the handful! *Enjoy!*

### **Lemon-Chili Veggies:**

- Chop any favorite veggies (try cucumber & jicama) into chunks
- Lightly sprinke with chili powder & salt. *Enjoy!*



### **Quick and Easy Applesauce:**

- Peel & core apples
- Cut apples into chunks & sprinkle with water.
- Microwave until apples are tender . Add sugar, cinnamon, and vanilla, to taste. Add a dash of lemon juice. *Enjoy!*

---

### *Quick & Easy Snack Ideas*

Pretzels

Crackers & Peanut Butter

Baked Chips & Salsa

Fresh Fruit  
(topped with yogurt dip  
or peanut butter)

Veggie Sticks  
(dunked in low fat dip)

100% Juice or Water

---

For more information  
about  
*5 a Day—Power Play!*  
please contact  
Gina Sims  
at (530) 345-0633  
gmsims@csuchico.edu