

ROCHESTER AREA FAMILY YMCA RECIPE BOX



Summer Camp at the Y

l & Water Park

Easy Tips for Healthy Snacks

Tips from a Rochester mom with three kids in Y Summer Camp

Mornings with little ones rushing off to camp are busy times for families! Minutes are consumed spent getting swim suits and towels thrown in a bag, bug spray checked off the list, sunscreen applied and extra clothing added just in case the camp activity is a messy one that day. Let's be real for a moment, parents, and just admit that snacks and lunch are typically the last items that we have time to focus on in the rush of a morning.

Nutritious and healthy lunches should be a priority for our little ones because their future depends on steps we take with them today. Spending a few extra moments with your child and helping them prepare their snacks and lunches will help them establish habits towards a healthier future.

Here are a few tips that I use with my kids all year long:

- **Develop a snack drawer.** This drawer is located in the kitchen in an area my little ones can reach and it is full of items that I know are healthy and options my kids will enjoy. As we are running late or need to grab something quickly, the kids know that this is their go-to place for snacks. A few ideas for this drawer include: yogurt raisins, trail mix, applesauce, fruit cups in water, almonds or granola bars.
- **Frozen yogurt.** Yogurt is a tasty, summer treat for those hot days...and even yummiier if we throw them in the freezer! A favorite for my kids are Simply GoGurt. These are easy to eat and even stay cold all morning long in a lunchbox.
- **Fruity water.** Water is an essential part of summer and our bodies thirst for this drink. Put a few berries, a slice of an orange or lemon in a pitcher or water bottle and enjoy some fruit infused water.
- **Fruit – ready to eat.** Have a basket of fruit on a counter or table and fill it with bananas, clementines, apples or oranges. Kids know that this basket is open to all...all day long to grab a quick bite to eat when they are hungry.
- **Snack Bag Special.** Portion control is something to pay attention to with snacks and meals. We now have a variety of bag sizes available to package up our foods. Grab a box of snack bags, find some raisins, nuts and crackers and make your own trail mix! The variety of what you can make is endless and really just requires a few minutes of you and your child working together to make some healthy snack bag specials.



CONNECT

P 507-287-2260

W www.rochfamy.org

f [rochfamy](https://www.facebook.com/rochfamy)

t [rochfamy](https://www.twitter.com/rochfamy)

📷 [rochfamy](https://www.instagram.com/rochfamy)

Register for all Y Summer Camps at camp@rochfamy.org or calling 507.287.2260