

# Healthy Active Kids



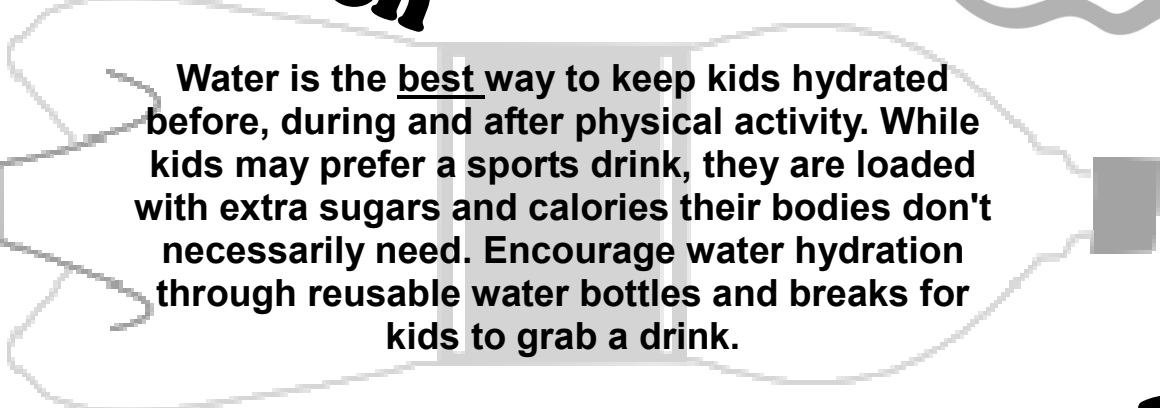
**By offering healthier, more nutritious snacks before, during and after sporting events we can increase the healthy impact of sports participation.**



Kids need 5 servings of fruit or veggies a day. Fresh fruit such as grapes, oranges, apple slices, bananas, and berries make for great post game snacks!

## fruity ideas

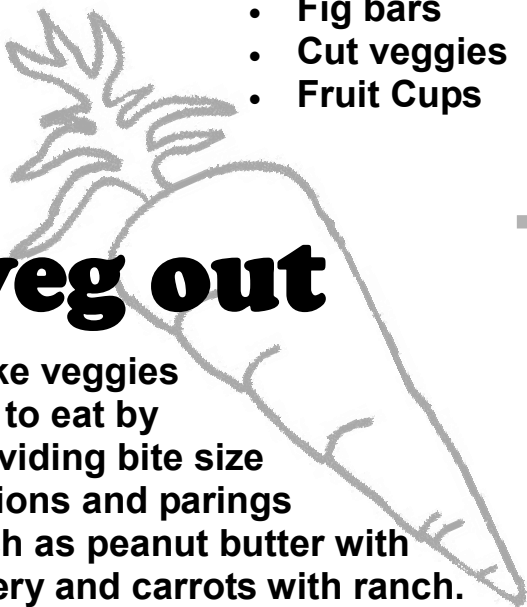
## hydration



Water is the best way to keep kids hydrated before, during and after physical activity. While kids may prefer a sports drink, they are loaded with extra sugars and calories their bodies don't necessarily need. Encourage water hydration through reusable water bottles and breaks for kids to grab a drink.

- Fresh fruit - precut or easy to eat whole
- Whole-grain crackers & cheese
- Whole-wheat pretzels
- Fig bars
- Cut veggies
- Fruit Cups
- Low-Fat Cheese sticks
- Trail mixes
- 100% Fruit - fruit snacks
- Yogurts—serve frozen on a hot day
- Chex mix with dried fruit - allergy friendly

## healthy snack options



## veg out

Make veggies fun to eat by providing bite size options and pairings such as peanut butter with celery and carrots with ranch.

## refueling

Milk, chocolate milk and unsweetened juices are great alternatives to water for replenishing energy used up during activities.

