



# NEWS

## Cent\$ible Nutrition

HELPING FAMILIES EAT BETTER FOR LESS

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**It has helped me with feeding my children the most, cutting back on sugars and introducing healthier snacks. It helped me see a big difference in how eating breakfast every day makes me feel better throughout the day.**

*Sweetwater  
County  
Client*

## Snack Smart

All foods can fit into a healthy diet. The important things to remember are balance, moderation and variety.

- For meals and snacks remember to balance your choices by eating food from each of the food groups.
- Moderation means being aware of serving sizes and eating the recommended number of servings from each food group.
- Keep your diet interesting by choosing a variety of foods within each food group. This also assures you are getting a variety of nutrients.

Keep some of the following nutrient dense foods on hand for those snack attacks.



vegetables



fresh fruit



cheese

### Snack Attack Mix

- 1 c. pretzels, broken into pieces
- 1 c. roasted peanuts
- 1 c. raisins
- ½ c. sunflower seeds

Mix and store in an airtight container.



popcorn, nuts & pretzels



yogurt smoothies

hard boiled eggs



pumpkin seeds



## SENIOR SENSE

Planning healthy snacks is essential for seniors. As people age, sometimes their appetites get smaller. In order to get all the nutrients included for the day, have some good snacks on hand to choose from. Think of snacks as mini-meals. These would include: fresh fruits; cut-up carrot and celery sticks in snack size baggies; dry whole-grain cereal to munch on instead of chips; raisins; pretzels; string cheese sticks, yogurt, and nuts.

## Kids Corner

Kids need at least three meals and two snacks every day in order to get all of the calories and nutrients they need for a day.

Give water when children are thirsty. Kids who drink a lot of juice, soft drinks and punch tend to fill up on these and are not hungry for meals and snacks.



## COST CUTTER

Individual serving size packages, precut and prepared foods are convenient but you pay a premium price.

Purchase larger quantities and package in individual servings to save money and give yourself a quick snack to go.

A *Cent#ible Nutrition* educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free *Cent#ible Nutrition Cookbook* plus many other gifts including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.

To receive more information, contact a *Cent#ible Nutrition* Educator in your county:

Albany	721-2571	Goshen	532-2436	Park	527-8560	Washakie	347-4567
Big Horn	568-2278	Hot Springs	864-3421	Platte	322-3667	Weston	746-3531
Campbell	682-7281	Johnson	684-7522	Sheridan	674-2980	Wind River Res.	332-2681
Carbon	328-2642	Laramie	633-4383	Sublette	367-4380	En Español	1-877-356-6675
Converse	358-2417	Lincoln	886-3132	Sweetwater	352-6775	State Office	1-877-219-4646
Crook	283-1192	Natrona	235-9400	Teton	733-3087		
Fremont	332-1030	Niobrara	334-3534	Uinta	783-0579		

For information on how to apply for food stamps call 1-800-457-3659. Funded by the Food Stamp Program.

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