

Nurse's Corner

Spirit Lake Community Schools

Spirit Lake School Nurses are committed to promoting the health and well-being of all students so that they may achieve academic success and develop lifelong healthy habits!

March is National Nutrition Month

Snacks can play an important role in meeting our nutrient needs...
But let's make sure we are *Snacking Smart!*

Is it okay to snack?

YES! Incorporating 1-2 snacks into your day between meals is completely healthy and normal - especially for growing bodies. Healthy snacks help to maintain consistent blood sugars and prevent overeating at meals. Snacks can also provide you with extra energy and nutrients.

When should I have a snack?

The best time for a snack is 2-3 hours between meals, such as a mid-morning snack and an afterschool snack. Avoid eating a snack right before lunch and right before dinner to prevent fullness.

What is a healthy snack?

- A healthy snack is a combination of a carbohydrate with fat and/or protein
Carb + Protein and/or Fat = Long lasting fullness & energy!
- Avoid snacks with lots of added sugars, added salt, or high amounts of saturated fats. Read the nutrition label.
- Remember - a snack is NOT a meal. Keep the portion small!

Smart Snacking Tips:

- For mindful eating, snacks and meals should be eaten without electronic distractions (such as TV, computers, phones, video games)
- Only eat a snack if you are hungry. Eating out of boredom or for emotional reasons can lead to weight gain and create bad habits.
- Fix snacks in advance - snacks that are planned and pre-portioned help to avoid impulsive and unhealthy choices.
- Keep snacks to 100 to 300 calories.
- As a family, commit to trying a new fruit or vegetable for a snack each week during National Nutrition Month!

A few snack ideas to try:

- Apple slices with peanut butter
- Cucumbers and carrots with hummus dip
- Cheese stick with pretzels
- Dip blueberries in yogurt and freeze on parchment paper
- Beef jerky and whole grain crackers
- Homemade trail mix (nuts, Goldfish crackers, dried fruit)
- Graham crackers with cinnamon cream cheese
- Hard boiled egg with pita chips
- Tortilla chips with guacamole
- Rice cake topped with nutella and strawberries
- Yogurt parfait (layer yogurt, fruit and granola)
- Cottage cheese with peach slices
- No-Bake Energy Bites (see recipe below)

No Bake Energy Bites Recipe:

Ingredients:

1 cup old fashioned oats
2/3 cup shredded coconut
1/2 cup creamy peanut butter (may substitute almond or sunbutter)
1/2 cup ground flax seed
1/2 cup ground chia seed
1/2 cup honey
1 tsp vanilla extract
1/2 cup chocolate chips

Instructions:

1. Stir all ingredients together in a large mixing bowl until thoroughly combined
2. Roll the mixture into 1 inch balls and put on a cookie sheet
3. Place cookie sheet in the refrigerator for 1-2 hours until chilled
4. Enjoy! May also be put in a sealed container and refrigerated for 2 weeks.

Fuel your day with smarter snack choices... because good taste and eating healthy is a possibility!

If you have any questions, please contact the school nurses:

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