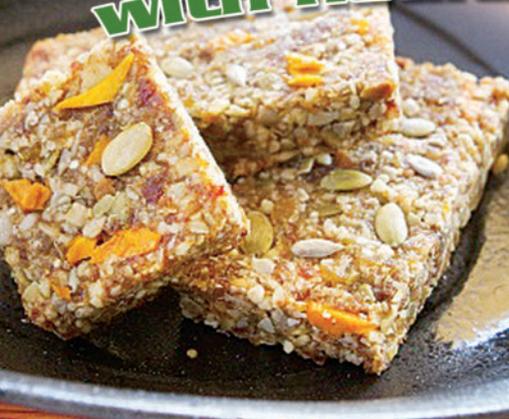


Power up your Keiki with Healthy Snacks!



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With the back-to-school excitement and rush, it is easy to overlook one important aspect of a child's day... packing a healthy snack! Yes, a snack. Healthy snacks can help keiki get the nutrients they need to grow and maintain a healthy weight, sustain their brain and physical energy to power throughout the school day, and satisfy their hunger through the afterschool program hours. The challenge is packing snacks that not only promote healthy snacks that taste good, but choosing snacks that will last the day in a bag pack.

Helping to overcome this challenge is of great importance to the YMCA of Honolulu and we joined the national Y-USA's commitment to First Lady Michelle Obama and the Partnership for a Healthier America to become the nation's healthiest child care provider and help end the child-

hood obesity epidemic. By implementing Healthy Eating and Physical Activity (HEPA) Standards in our 52 YMCA A+ Afterschool Sites and youth programs offered at our Y branches throughout the year, the Y is developing healthy habits in nearly 14,000 youth each year.

You can find great tips for healthy eating for your kids and family at www.ChooseMyPlate.gov. Here are a few tips on packing healthy snacks for your keiki:

- **Involve your keiki.** Make it a family adventure to try and taste new recipes. Keiki are more likely to try new foods if they help prepare them.
- **Be prepared.** Plan ahead and pre-pack a week's supply of snacks.

Here's a few ideas for easy, healthy "pack snacks"

- *Popcorn (skip the butter) and dried fruit mix (1.5 cups)*
- *Various nut butter and fruit or veggie sticks (1.5 cups of fruit or veggies)*
- *Trail mix of assorted dried cereal and unsalted pumpkin seeds and/or sunflower seeds (1.5 cups)*
- *Fruity Franks – spread the inside of a whole-wheat hot dog bun or tortilla with a nut butter and place a banana inside.*

Ginger-y Fruit and Nut Bars is a popular snack in our Y Food & Fun afterschool programs. Energy bars are fun to make, allows for creative ingredient explorations, and can be made ahead of time. Cut, roll and wrap individual pieces and you are good to go for the entire week!

Enjoy healthy snack planning and send your keiki off ready to be powered up all day.