This month’s family activity allows your family to evaluate the snacks available in your home and to determine whether or not they are “every day” snacks or “once in awhile” snacks.

First, you will investigate your family’s kitchen! Check the refrigerator, the freezer, the cupboard, the pantry – anywhere you keep snack foods! Make a list of all the snack foods you find. Next to each, write an “E” if it is an every day snack and an “O” if it is a once in awhile snack. Use another sheet of paper if you need to.

___________________________  ___________________________
___________________________  ___________________________
___________________________  ___________________________
___________________________  ___________________________
___________________________  ___________________________

Overall, are the snack foods in your family’s house healthy or not-so-healthy? Explain. _______

____________________________________________________________________________
____________________________________________________________________________

Of the “every day” snacks listed above, which ones do you like to eat as a snack? _______

____________________________________________________________________________
____________________________________________________________________________

At what time of day do you think you could have a snack every day? _________________

____________________________________________________________________________

Healthy Snack Challenge:
The next time your family visits the grocery store, go along and pick out ONE healthy snack you would like to try this week. It can be a vegetable, a fruit, a snack bar, anything!! Have your parents help you determine if it is healthy or not.

What snack item did you pick? _____________________________________________

This week, try to have the snack you picked out at least 3 times. Try to have it at the same time each day and eat it at the table, NOT in front of the TV! Keep track of your progress!!

<table>
<thead>
<tr>
<th>Day of Week</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time of Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you eat at the table?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>