Healthy Snacking
Snacking is important for children and adolescents to help meet their energy and nutrient needs for growth and development. However, many parents and health professionals are concerned that snacking is undermining the nutritional quality of children's diets and contributing to children becoming overweight or obese.

Many children eat a large amount of unhealthy snacks, or “once in awhile” snacks. These types of snacks include foods that are high in sugar, such as cookies, candy, and soda, and foods that are high in fat or sodium, like potato chips. While these foods aren’t bad in moderation, large amounts of them can lead to unhealthy kids.

“Everyday” snacks are those that come from the foods groups of MyPyramid. These include raw vegetables, fruits, whole grains, and low-fat dairy products. These foods not only provide children with a snack, but also with the nutrients and vitamins they need.

Club Roll Call: What is your favorite healthy after school snack?

Physical Activity Calendars
Collect the September Physical Activity Calendar from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over the days in September?
How does getting more physical activity every day make you feel?
How can you fit more regular physical activity into your life?
What types of physical activities might you do with your friends? By yourself?

Pass out the October Physical Activity Calendar.

Educational Activity
This month, there are two educational activities. One is a game in which the youth will be presented with a snack option and must decide whether that snack is one that can be eaten anytime or one that should only be eaten once in awhile. The second activity is “Junk Food Tag.” In this activity members will play the classic game of Tag, but with a twist! Both of these activities will reinforce healthy snacking habits and provide some moderate exercise for members!
Recipes/Snacks
The October snack is Quesadillas. The recipe can be used for club refreshments and can be shared as a take home piece for families. Quesadillas are a great snack food that provide nutrients from three of the MyPyramid food groups.

Family Activity
The October family activity involves an at-home assessment of the snack foods available to kids. In addition to this activity, members are encouraged to go grocery shopping with their parents and pick out one healthy snack item they would like to try for one week.

Community Activity
This month’s community activity encourages members to explore three different snack-filled vending machines in different locations in their community. Members will make a list of the snacks offered and determine whether or not they are healthy. Youth will also be encouraged to write a letter to the vending machine owner explaining the benefits of healthy snacking and suggesting ways their company can make snacking healthier.

Ties to 4-H Projects
This month, there are numerous projects that tie-in to our topic. In Sports Nutrition, members can learn about power snacks and foods that are good sources of energy. Microwaving projects will allow members to plan and prepare snacks, including pizza snacks, cheesy popcorn, and granola, and also to safely use a microwave. Because fruits and vegetables make good snacks, members can enroll in the Fruits and Vegetables project.

All Get Up and Move! materials can be found on the State 4-H website at http://www.4-h.uiuc.edu/opps/move.