

## Home Run Snack Ideas



selling lots of sugary beverages and candy. Here are some helpful hints to keep these sporting event snacks nutritious and delicious!

- **Dips Galore:** Pack a cooler filled with various dips (such as the "Sassy Pretzel Dip" found below) for veggies, pretzels, and whole-grain crackers to replace the nacho cheese at the concession stands.
- **Brain Freeze:** Try making your own freezer pops! In little paper cups, pour low fat yogurt or juice and mix in some fresh fruit and stick a straw in the middle. Freeze until the "pops" are frozen. Pack in a cooler. To eat: peel back the paper cup and enjoy!
- **Candy Mash-Up:** Bring along some trail mix with dried fruit, nuts, and a little chocolate.
- **Fizzy Juice:** Mix seltzer water and mix them with your child's favorite 100% juice.

### Tasty Snacks On-the-Go!

Warmer weather is here which means outdoor sporting events are starting back up again. This can be a hard time to help kids choose healthy snacks with concession stands

#### Sassy Pretzel Dip

¼ cup low-fat mayonnaise  
¼ cup brown mustard  
2 tablespoons light brown sugar  
Hard or soft pretzels OR vegetables

1. Wash hands with soap and water. Combine mayonnaise, mustard, and brown sugar.
2. Serve 2 tablespoons of dip to each child with some pretzels or vegetables.
3. Dunk pretzels or veggies in the dip and enjoy!
4. If bringing to a sporting event, make sure pack veggies and dip in a cooler with ice or gel packs.

*Makes 5 servings (2 tablespoons each). Each serving contains 63 calories, 1.7 g fat, .2 g saturated fat, 1 mg cholesterol, 185 mg sodium, 12 g carbohydrate, 11 g sugar, .5 g fiber, .5 g protein.*



#### Source:

MyPlate Parent Tips for Parents, USDA's ChooseMyPlate: <https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents>