

Home Run Snack Ideas

Tasty Snacks On-the-Go!

Warmer weather is here which means outdoor sporting events are starting back up again. This can be a challenging time to help kids choose healthy snacks with concession stands selling lots of sugary beverages and candy. Here are 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 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 trail mix with dried fruit, nuts, and a little chocolate, packed in individual bags of containers.
- **Fizzy Juice:** Mix seltzer water with your child's favorite 100% juice.

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 for each child with pretzels or vegetables.
 3. Dunk pretzels or veggies in the dip and enjoy!
 4. Make sure to pack veggies and dip in a cooler with ice or gel packs if you bring them to a sporting event. Makes 5 servings (2 tablespoons each). Each serving contains 63 calories, 2g fat, .2g saturated fat, 185mg sodium, 12g carbohydrate, 11g sugar, .5g fiber, .5g protein.



For more information check out our Food Fun for Young Children Newsletter at: <https://go.unl.edu/food-fun>

Source: Healthy Snacking with MyPlate, (USDA): <https://www.myplate.gov>