

Did You Know...

- 10% of preschoolers and 16% of older children are overweight.
- Fewer than 25% of children eat the recommended 5 servings of fruits and vegetables per day.
- In the past 30 years obesity among preschoolers and adolescents has doubled, for children ages 6–11 it has tripled.
- Children today spend an average of 5 1/2 hours a day with screen media (TV, Computer, Video Games).

Why Snacks?

Snacks play an important role in a child's nutrition. Children often need more than the standard meal time to meet their nutritional needs. Children should be offered food at least every 3 hours while awake. The keys to making snacks work are timing and choices.



This information was provided by:
Meals without Squeals: Child Care Feeding Guide &
Cookbook 3rd Edition, Christine Berman, M.P.H., R.D.
and Jacki Fromer