

# Simple Swaps

For a nutritional boost, consider a healthier alternative to your child's favorite snacks.

Instead of:



Potato chips and dip



Candy bar



Soft drink



Ice cream



Cookies

Offer:



Tortilla chips and salsa



WholeSum Bar



Sparkling water



Greek yogurt



Animal cookies

# Snack with the Power of 3

## Why should kids snack?

Small tummies fill up fast. So, remember the 3-hour rule: Energize children without overloading them by going no more than 3 hours between meals and snacks. Eating too much at once or waiting too long between meals can upset their stomach or make them sluggish. What they snack on makes a difference, too! Filling up on less-nutritious foods can lead to low energy levels, poor health, and moodiness. Snacks can help provide the foods that kids typically run short on.

## Power of 3s—Every Day!

Healthy snacks help your child reach these daily goals:

- **3 Whole Grains**  
Include at least 3 servings of whole grain foods.
- **3 Colors**  
Eat a rainbow of fruits and vegetables with at least 3 different colors.
- **3 Dairy**  
Include 3 servings of dairy or other calcium-rich foods.

## Benefits

### 3 Whole Grains

Provide energy and boost brain power.



### 3 Colors

From fruits and vegetables supply nutrients to grow a healthy body.



### 3 Dairy

Builds strong teeth, bones, and muscles.



# Wegmans

Have questions or comments?

Call Wegmans Customer Care Center

Monday-Friday 8AM to 7PM | Saturday-Sunday 8AM to 5PM  
585-464-4760 or toll free at 1-800-WEGMANS ext. 4760



# Snack Ideas with the Power of 3



## Grab & Go

### Produce

Apples, bananas, baby cut carrots, dried fruits, grape tomatoes, grapes, peaches, pears, nectarines, oranges, sugar snap peas, tangerines

### Bakery

Whole grain\* breads & rolls, 100% whole wheat pita\*, mini muffins made with whole grains

### Dairy

Low fat cheeses such as wedges, cheese sticks, and cottage cheese; low fat yogurt, smoothies, pudding cups, milk, and Kefir

### Natural/Organic

Dried fruits & veggies, fruit leathers, 100% juice boxes, dairy & soy yogurts & smoothies, corn tortilla chips\*, low fat milk boxes, popcorn\*, whole grain\* bars, cereals, rice cakes & waffles

### Grocery

Whole grain\* cereals, cookies, crackers and rice cakes, nuts, fruit cups, sunflower seeds, popcorn\*, 100% juice boxes

### Bulk Foods

Dried fruit, nuts, seeds

### Frozen Foods

Frozen fruit bars, frozen berries, whole grain\* waffles & mini bagels

## Roll 'em

Start with 100% whole wheat tortilla.\*  
Add a savory or sweet spread, top with a piece of string cheese, and then roll it all up! Cut into pieces.  
Serves 2-3 for snacks or 1 for lunch.

### Savory

Spread with refried beans; layer with baby spinach; roll with string cheese.

### Sweet

Spread with fruit spread; layer with thin-sliced turkey; roll with string cheese.



## Mix It Up

Pick from these groups to create your own 3-color trail mix

### Orange

Dried apricots, mango, papaya, peaches

### Blue/Black

Dried dates, blueberries, plums, raisins

### Red

Dried cherries, raisins, raspberries, strawberries

### Yellow/Brown

Dried apples, currants, figs, pineapple

Add crunch with a whole grain cereal,\* pretzels,\* popcorn,\* nuts or sunflower seeds.

## Layer It

### Parfait

Low fat yogurt  
Whole grain cereal\*  
Fresh, frozen or canned fruit  
Nuts



### Stacks

Whole grain cracker\*  
Low fat cheese  
Lean cold cuts

OR

Graham crackers  
Peanut butter  
Banana slices

### Pizzas

100% Whole wheat mini pita,\* split  
Pizza sauce or salsa  
Grated cheese



## Dip In

### Use these:

Whole grain tortilla chips\*  
Baby carrots  
Sugar snap peas  
Apple slices  
Pepper strips

### With any of these:

Bean dip  
Hummus  
Salsa  
Guacamole  
Peanut butter



\*At Wegmans, look for the Whole Grain Wellness Key showing how the food counts toward your goal of 3 servings of whole grain foods a day.