



## Healthy Snack Guidelines for UC 4-H YDP Events

Promoting health is core to the 4-H values and mission. Selecting healthy snacks for 4-H events is important, but can be confusing. Use the following guidelines to help improve the well-being of your members.

*I pledge my health to better living by...*



**Providing water and reducing sugar sweetened beverages -** Water is low-cost or free and necessary for healthy bodies. It is required by the California 4-H Water Policy.



**Choosing whole, unprocessed foods-** Limit cookies, cakes, doughnuts and pastries. This will reduce the solid (saturated) fat and sugar consumed.



**Making colorful fruits and vegetables available-** Choose fresh, dried, frozen, or canned (fruit in water or 100% juice).



**Choosing whole grains-** Look for the word “whole” at the beginning of the ingredient list or “100% whole grain,” on the package.



**Offering small plates, bowls and serving utensils to minimize portion size-** It's only a small snack, not a full meal.



**Varying protein choices-** Experiment with meat free options, such as beans, peas, nuts or seeds.

Tip-sheets to support each guideline available here: <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Guidelines are consistent with USDA recommendations to lessen sugar intake reduce solid fat consumption, read more here: <https://www.extension.org/pages/55458/the-top-foods-to-swap-substitute-shrink-or-sneak-in-to-reduce-added-sugars-and-solid-fats-in-your-di#.VMIMUGd0xp8>

Developed by the University of California  
4-H Youth Development Healthy Living  
Leadership Team.



Specific suggestions and more 4-H  
Healthy Living Resources at  
[http://4h.ucanr.edu/Programs/  
Projects/HealthyLiving/](http://4h.ucanr.edu/Programs/Projects/HealthyLiving/)



These messages are consistent with  
USDA Dietary guidelines.

