**WIN Wyoming educates people to respect body-size diversity and to enjoy the benefits of:**
- active living
- pleasurable and healthful eating
- positive self-image

### Food Pyramid

**Grain Group**
- bread, cereal, rice, and pasta help give you energy
  - mini bran muffins
  - bread sticks
  - whole-grain cereal
  - graham crackers
  - whole-grain crackers
  - granola
  - pretzels
  - bagels
  - popcorn
  - rice cakes
  - cereal bars
  - multi-grain cereal mix

**Fruit & Veggie Groups**
- fruits and vegetables help you see in the dark and help cuts heal
  - 100% fruit juice
  - fruit cups
  - vegetables and dip
  - fresh fruit
  - salsa
  - dried fruit
  - pre-cut vegetables
  - pre-packed salad
  - applesauce

**Meat Group**
- meat, poultry, fish, beans, eggs and nuts help you grow and build strong muscles
  - bean dip
  - trail mix
  - tuna salad
  - peanut butter
  - nuts
  - jerky
  - cup of chili
  - hard-boiled egg
  - hummus

**Milk Group**
- milk, yogurt and cheese help build strong bones and teeth
  - cold milk
  - pudding cups
  - cheese cubes
  - string cheese
  - yogurt
  - squeezable yogurt
  - cheese-n-crackers
  - drinkable yogurt
  - flavored milk

### AT-SCHOOL SNACK IDEAS

Here are some at-school snack ideas that are:
- **Tasty** so you enjoy them
- **Quiet** so they don’t bug your neighbors
- **Neat** so you keep your desk clean
- **Good for You** to help you learn at your best
- **Kept Cold,** if needed
AT-HOME SNACK IDEAS

Kids want food when they walk in the door.

Stock the kitchen with a variety of choices from all food groups — and everyone benefits.

PLAN TO EAT SMART

• choose food lower in fat and sugar
• keep portions small — they’re snacks!

grain group

**bread, cereal, rice, and pasta help give you energy**

- tortilla wrap
- bagel pizza

fruit & veggie groups

**fruits and vegetables help you see in the dark and help cuts heal**

- juice spritzer
- baked potato
- canned fruit
- vegetable soup

- frozen grapes
- apples & p.b.
- raisins
- 100% juice popsicle

meat group

**meat, poultry, fish, beans, eggs and nuts help you grow and build strong muscles**

- bean burrito
- ham sandwich
- hard-boiled egg
- hummus pita
- jerky
- p.b. & j. sandwich
- nuts
- chicken wing

milk group

**milk, yogurt and cheese help build strong bones and teeth**

- yogurt, cereal & fruit
- fruit smoothie
- hot chocolate
- frozen yogurt
- cold milk
- cottage cheese
- instant breakfast
- flavored milk

INSTEAD OF LOW-NUTRIENT FOOD FOR FUND-RAISING EFFORTS, CONSIDER THESE IDEAS:

sales ideas

- hand-made placemats
- note cards
- school logo socks
- stadium seats
- phone cards
- Halloween costumes
- temporary tattoos
- seasonal decorations
- first-aid kits
- flower seeds
- school event planners

donkey basketball

parent vs. student competition

3-on-3 basketball

golf tournament

scavenger hunt

lip-sync contest

cheerleading clinic

tennis tournament

horseshoe pitching

variety night

trash walk

bike-a-thon

walk-a-thon

read-a-thon

spelling bee

jump rope-a-thon

bowling night

skate night

fun runs

outdoor pet wash

no-bake sale

family fun night

raffles

chili supper

book fair

car wash

student-for-hire day

singing telegrams

gift wrapping

WIN Wyoming is coordinated through Family & Consumer Sciences, University of Wyoming Cooperative Extension Service. See www.uwyo.edu/winwyoming for more information.