



snack pals

Fun fuel for kids.

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Eat from the rainbow!



RED

Red foods have antioxidants, which are like little superheroes for our bodies. Look for apples, cherries, strawberries, tomatoes and pomegranates.



ORANGE/YELLOW

Orange foods have lots of vitamins, especially vitamin C, that can keep you from getting sick and help you get better faster if you do get sick. Vitamin A is also found in orange foods and is good for your skin and eyes. Look for oranges, carrots, pumpkins, sweet potatoes and cantaloupe.



GREEN

Green foods help keep our muscles strong so we can have more fun. Look for kiwi, broccoli, peas, spinach and cabbage.



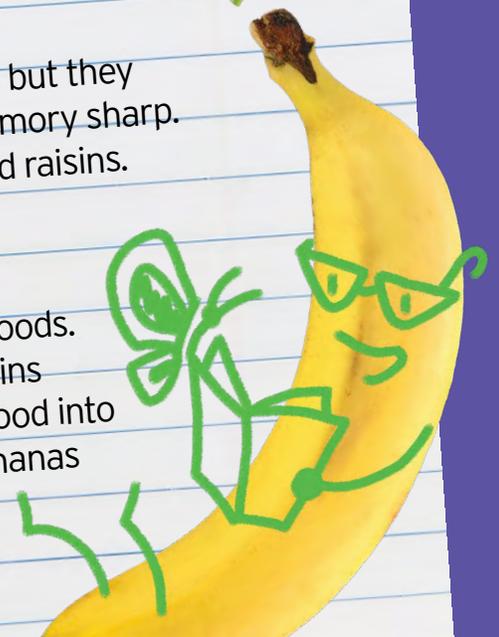
BLUE/PURPLE

Blue and purple foods are not only pretty, but they help keep your heart strong and your memory sharp. Look for eggplants, beets, blueberries and raisins.



WHITE/TAN/BROWN

Don't forget your white, tan and brown foods. They're important, too. They have vitamins and minerals and help our bodies turn food into energy. Look for mushrooms, garlic, bananas and cauliflower.



Fuel the fun with veggies!

What counts as 1 SERVING of vegetables?

Ages 2-8 one serving = 1-1/2 cups • Ages 9-18 one serving = 2-3 cups

Broccoli	1 cup chopped or florets or 3 spears, 5" long; raw or cooked
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked 2 cups raw
Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole)	2 cups raw
Carrots	1 cup strips, slices or chopped; raw or cooked
Pumpkin	1 cup mashed
Tomatoes	1 large raw whole (3" diameter) or 1 cup chopped or sliced; raw, canned or cooked
Sweet potato	1 large baked (2 1/4" or more diameter) or 1 cup cooked, sliced or mashed
Winter squash	1 cup cooked, cubed
Corn	1 cup
Cabbage	1 cup chopped or shredded; raw or cooked
Cucumbers	1 cup raw, sliced or chopped
Summer squash or zucchini	1 cup cooked, sliced or diced

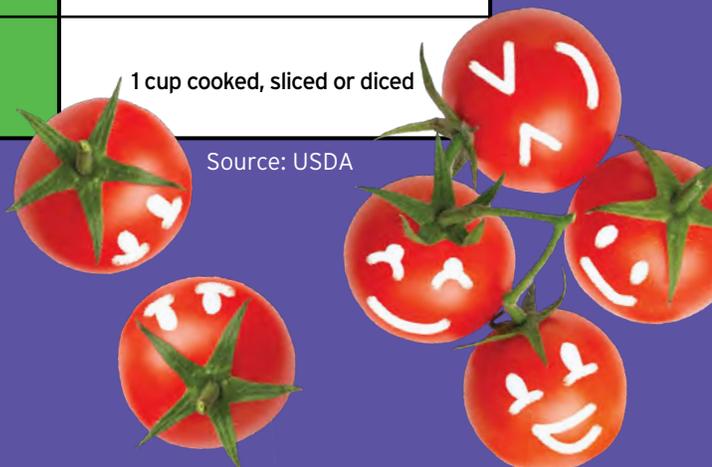
Source: USDA



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Fuel the fun with snack combos for kids.

Tasty and fresh go better together. When kids try new snack combinations, they learn how tasty fresh, healthy flavors can be – and build lifelong healthy eating habits. **Fuel the fun!**

Apple "Pizza"

Serves: 4



Ingredients:

- 2 large apples, cored and sliced in 1/4-inch slices
- 1 cup lowfat vanilla Greek yogurt
- 1 Tbsp. peanut butter
- 1/2 tsp. ground cinnamon
- 2 full sheets honey graham crackers, crushed

Directions:

1. Combine yogurt, peanut butter and cinnamon until well blended.
2. Spread evenly onto apple slices and top with crushed graham crackers.

Nutritional Information:

Amount per serving: 164 Calories; 4 g Fat; 5 g Saturated Fat; 28 g Carbohydrate; 3 g Fiber; 19.5 g Sugar; 32 mg Sodium; 5 g Protein

Dietitian's Tip: When it's time to decorate your apple pizzas, get the whole family involved! Kids may be more excited to try something new if they get to help prepare it.



Banana "Sushi"

Makes 8 Rolls



Ingredients:

- 2 medium bananas, cut into 1 1/2- to 2-inch pieces
- 1 cup lowfat vanilla yogurt
- 2 Tbsp. peanut butter
- 1/2 cup topping of choice: 2 full sheets honey graham crackers, crushed; shredded coconut; chia seeds; mini chocolate chips

Directions:

1. Combine yogurt and peanut butter until well blended.
2. Spread on banana.
3. Roll in your topping of choice!

Nutritional Information:

Amount per serving (per roll, not including topping): 92 Calories; 3 g Fat; .5 g Saturated Fat; 14 g Carbohydrate; 1.5 g Fiber; 8 g Sugar; 46.5 mg Sodium; 4 g Protein

Hungry for more?

Hey grown-ups! Did you know we partner with registered dietitians to offer free classes, nutrition demos and healthy store tours? For more information about connecting with a Hannaford Dietitian near you, visit hannaford.com/dietitians.

Looking for more kid-friendly recipes and ideas? Visit hannaford.com/kids.

Fuel up!

Join a Snack Pals friend on a daily fruit and veggie mission.

Track your progress with this chart. Make it more fun by adding stickers or drawing a picture of the veggie or fruit you ate.

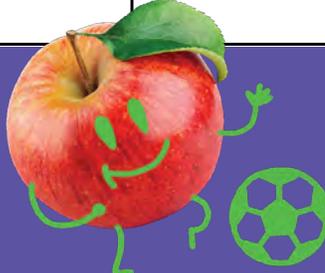
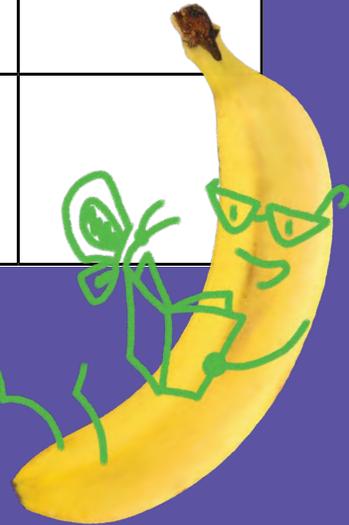
Celebrate meeting this challenge! Have your family put together a list of fun, nonfood rewards that don't cost much - playing outdoors, a family game night, going to a playground, buying a new book, extra reading time before bed. Post the list where the whole family can see it.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1					
2					
3					
4					
5					



Draw your favorite fruit or veggie of the day!



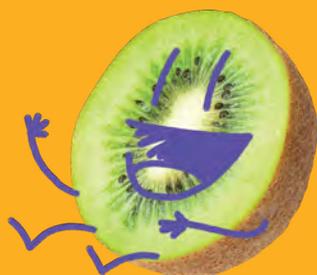
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Get down

(and across) with your fruits & veggies!



DOWN 1. Orange 3. Lime 5. Carrot 7. Peel 8. Beet 9. Squash
ACROSS 2. Green 4. Berries 5. Corn 6. Pepper 10. Lettuce 11. True 12. Peas

ACROSS

- 2 Asparagus can be white or _____.
- 4 Straw____, black____ and rasp____ taste yummy on cereal.
- 5 _____ on the cob.
- 6 Veggie that can be hot or sweet.
- 10 A leafy green vegetable.
- 11 True or False: a tomato is a fruit, not a veggie.
- 12 Three _____ in a pod.

DOWN

- 1 What fruit is named for its color?
- 3 A small green citrus fruit that has a lot of vitamin C.
- 5 This veggie is packed with vitamin A and good for your eyes.
- 7 What do you remove before eating a banana?
- 8 A purple root vegetable similar to a carrot or turnip.
- 9 Zucchini and butternut are types of _____.



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Visit hannaford.com/kids for more kid-friendly fruit and veggie recipes.

Mix and Match Snack Pals

Create your own tasty friendship using the choices below.
What's your favorite wacky combination?



APPLES

AVOCADO

CHEESE

WHEAT TOAST

CELERY

BABY CARROTS

PEANUT BUTTER

HUMMUS

BANANA

CUCUMBER

**CHERRY
TOMATOES**

**YOGURT
RANCH DIP**

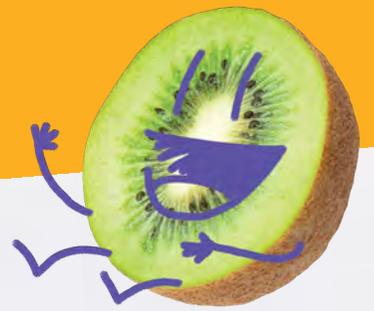


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Snack Pal Word Search



S K D V N T Y R R E B J
W W P D O W H H H S U L
I X E R Q K C M P I H G
T W R E O G N D C S S E
I A I H T R U Y O F V J
C X J K U A R J O Y T V
L S N H V P C H T A Z K
M T Z T B E S K U P O Z
C Q N U T J J J B P V I
P E P P E R M C B L U Y
P N Q T I F F I W E D C
C X T J C R N D B K S T

APPLE

CRUNCHY

KIWI

BERRY

GRAPE

PEPPER

CARROT

JUICY

SWEET



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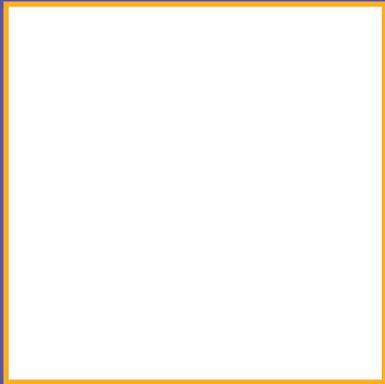
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Draw a Snack Pal



+



= YUM!



+



= Tasty!

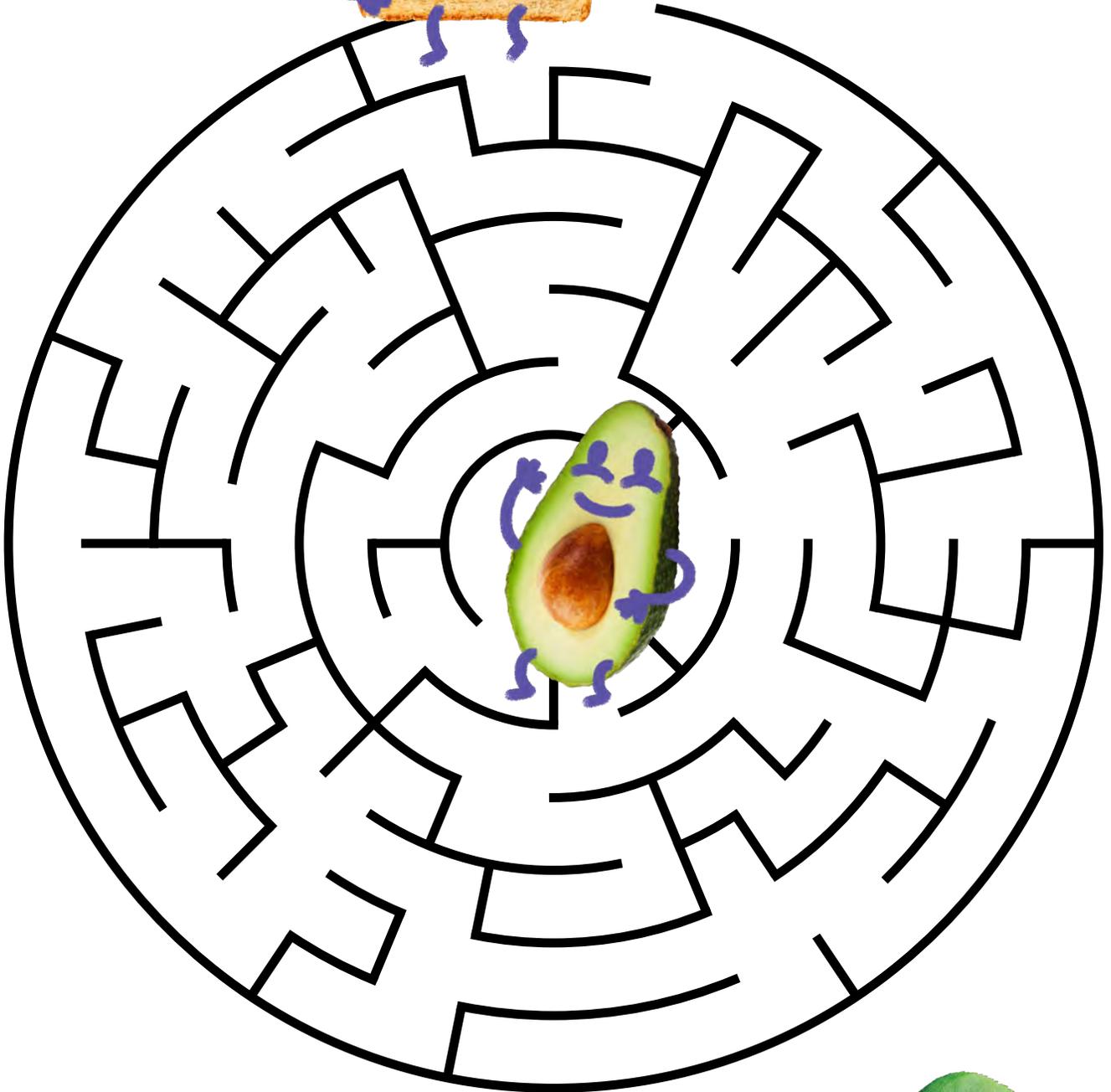
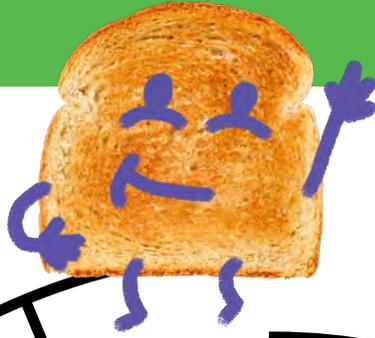


+



= Delish!

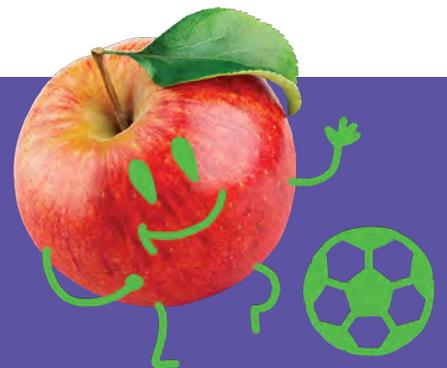
Help the Snack Find Its Pal!



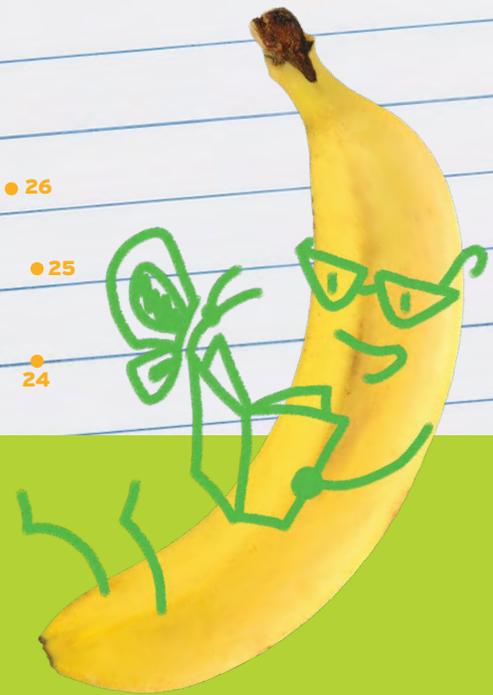
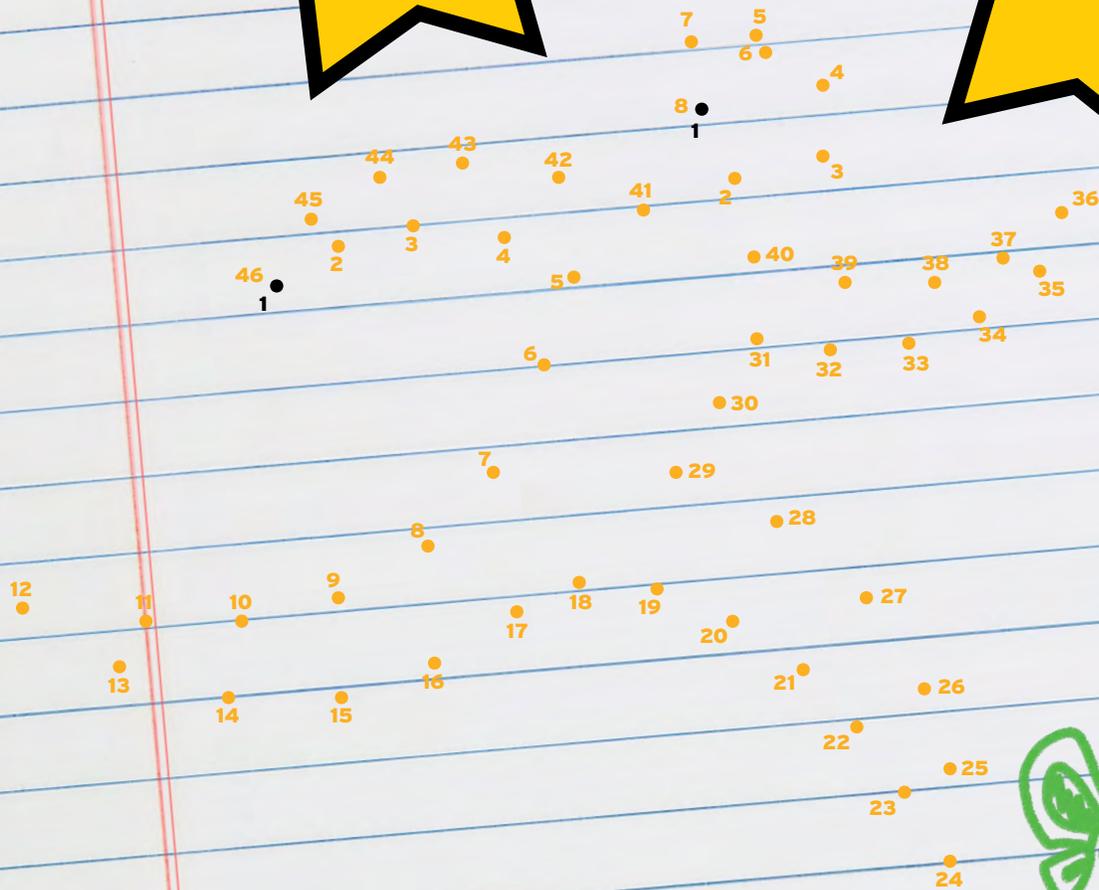
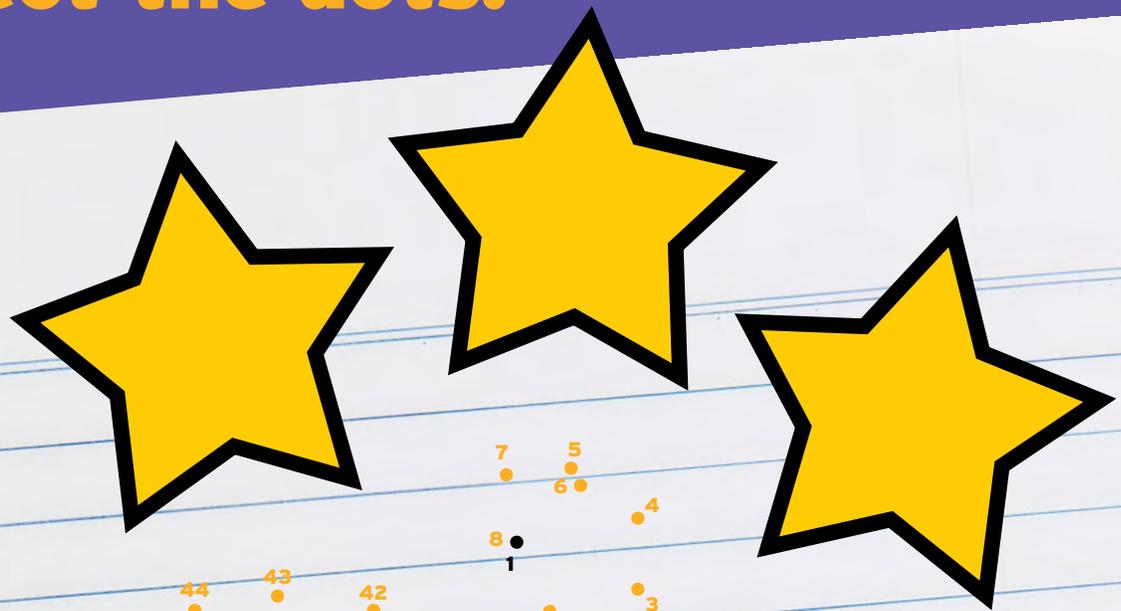
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Connect the dots.



Fuel up with simple, healthy choices!

We crunch the numbers, you munch the healthy foods.
Our 1 to 3 star ratings make healthy snacking even easier.

Nutritional Value

MORE

Vitamins
Minerals
Fiber
Whole Grains
Omega-3s

LESS

Saturated Fat
Trans Fat
Added Sodium
Added Sugars
Artificial Colors



 One star, good nutritional value.

 Two stars, better nutritional value.

 Three stars, best nutritional value.



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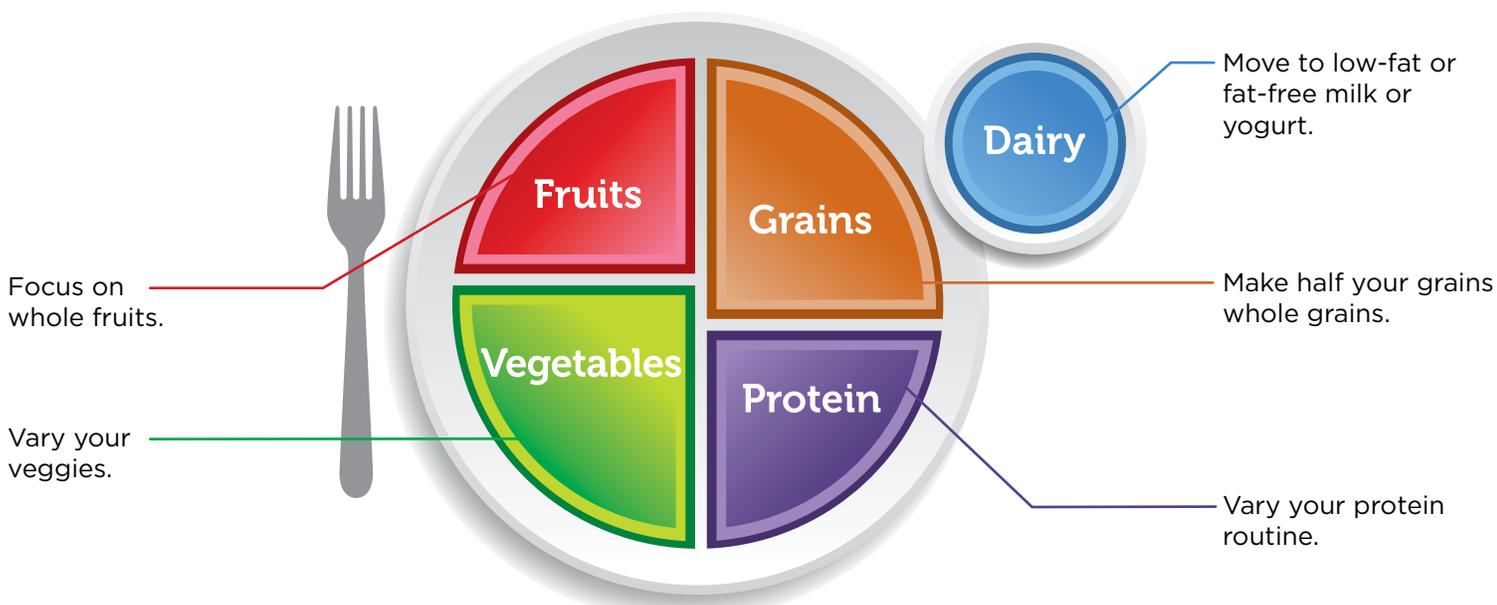
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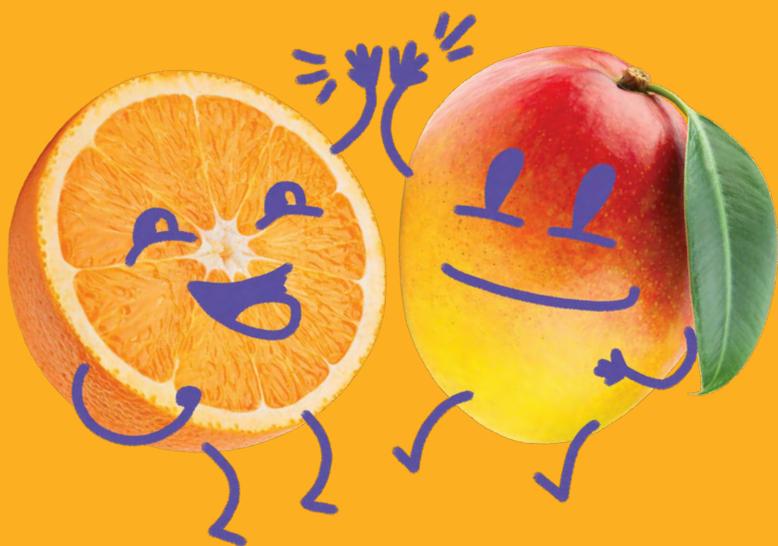


A Plate of Pals!

Fruits and veggies, grains and protein, and dairy, too!



Choose **MyPlate**.gov



Get to Know Snack Pals!

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