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Make Healthier Food Choices on the Go

We all know that if we plan, shop and make our meals and snacks at home, we can eat healthier. Yet sometimes we find ourselves running late, forgetting to pack a lunch, or wanting a little afternoon snack. Often we turn to a vending machine, snack bars or concession stands to feed our hunger. We still want to make sure that we are making healthy choices but it is not always so easy to tell what might be the better choice.



This Family Food Cent\$ can help you to plan and prepare to have healthy snacks on hand with some great recipes. If you find yourself on the go and getting hungry, the Munch Code can help you to choose healthier options. Not sure what the Munch Code is? Read on to learn more.

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipe from <https://whatscooking.fns.usda.gov>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Munch Code!

The Munch Code helps everyone to choose the right snacks. It is a color-coded labeling program to help us make healthier choices on the go. Over time, this simple color code will make it easier for anyone who snacks between meals to make healthier choices to improve their health. When we snack healthier, we eat healthier!

Here is the color-coded label of the Munch Code:

- The GREEN category are the healthiest and we can "Eat a bunch!"
- The YELLOW foods may have added sugar, fat or calories and we should be careful to have "Just a little!"
- Foods falling into the RED category are on the "Not so much!" list and should be avoided.

If you like playing games, you should get the FREE Munch Code App!

The Munch Code Game is a fun way for kids, parents, and teachers to practice healthier between meal snacking. Based on a simple color code, similar to traffic lights, the player discovers which foods and drinks are "green" (eat a bunch) which ones are "yellow" (have just a little) and which are "red" (not so much).

The app (for iPhone and iPad) comes in handy wherever and whenever people are making decisions about what to eat and drink "on the fly," — especially grabbing snacks at concessions and convenience stores.



Get the Free Munch Code App

<https://healthysd.gov/get-the-free-munch-code-app/?left=415&big10=9>



If you do not see the Munch Code coloring on the items in vending machines or concession stands that you frequent, reach out to an SDSU Extension Family and Community Health Field Specialist. They have the skills to help bring the Munch Code to your concession stands, snack bars and vending machines: <https://extension.sdstate.edu/about/our-experts>.



Make your own delicious chickpea dip! Yogurt and paprika add a new dimension to this hummus recipe.



Use this recipe to make your own whole wheat flour or corn flour tortilla chips.



Chickpea Dip

Makes 4 Servings

Ingredients:

3 garlic cloves
1/4 cup yogurt (plain, low-fat)
1 tablespoon lemon juice (fresh)
1 teaspoon olive oil
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon pepper
1 can chickpeas (19oz, drained garbanzo beans)

Directions:

Put all ingredients into a food processors and blend until smooth. Serve at room temperature with pita chips, baked tortilla chips, crackers, carrots or other dipping vegetables.

Nutritional Information per serving:

Total Calories 155; Total Fat 4 g; Protein 8 g; Carbohydrates 24 g; Dietary Fiber 6 g; Saturated Fat 1 g; Sodium 333 mg

Baked Tortilla Chips

Makes 6 Servings

Ingredients:

3 flour tortillas (10-inch, whole wheat)
cooking oil spray
salt (dash, optional)

Directions:

Preheat oven or toaster oven to 400°F. Lightly grease a baking sheet with the cooking spray. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet. Spray tops of tortilla sections with cooking spray and lightly salt, if desired. Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Nutritional Information per serving:

Total Calories 92; Total Fat 0 g; Protein 3 g; Carbohydrates 20 g; Dietary Fiber 2 g; Saturated Fat 0 g; Sodium 170 mg



Add some variety to your snack time with this blend of crunchy corn and oat cereals and plump raisins. Trail mix can be taken along wherever you go as a quick and easy snack.



Sweet & Salty Trail Mix

Makes 10 servings

Ingredients:

- 1 1/2 cups oat circles cereal
- 1 1/2 cups corn squares cereal
- 1/2 cup whole almonds (chopped)
- 1/2 cup raisins
- 1/2 cup small pretzels
- 1/2 cup chocolate chips

Directions:

Mix all ingredients in a large bowl. Store in an airtight container or re-sealable plastic bag. Trail mix can be eaten as a quick and easy snack. Or, try spooning some of the trail mix into your favorite yogurt as a light meal or easy breakfast.

Nutritional Information per serving:
Total Calories 50; Total Fat 5 g; Protein 3 g; Carbohydrates 22 g; Dietary Fiber 1 g; Saturated Fat 2 g; Sodium 90 mg



With whole-grains, fruit, and no added sugar, these cookies make a healthy and tasty treat.

Banana Oat Cookies

Makes 25 small cookies

Ingredients:

- 1 cup banana, mashed (use overripe banana)
- 1 cup quick oats
- 1/2 cup yogurt, low-fat plain
- 1/4 cup water
- raisins (1/2 cup, optional)
- sunflower seeds (1/2 cup, optional)
- spices, optional

Directions:

Wash hands, make sure utensils and counter top are clean. Mash bananas, mix with yogurt and water. Add quick (not instant) oats. Mix well. Add optional add-ins if you wish. Keep them minimal. Add spices, to taste (optional). The batter should be thick and easily spoonable. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust.

Nutritional Information per serving:
Total Calories 23; Total Fat 0 g; Protein 1 g; Carbohydrates 4 g; Dietary Fiber 1 g; Saturated Fat 0 g; Sodium 5 mg