



# SNACK SMART at Scout Meetings



## Keep it simple – serve fresh fruits and vegetables!

Apples, bananas, grapes, green beans, cucumbers, and carrots are good options that require little preparation. Enlist the help of Scout parents who can take turns bringing in a fruit or vegetable snack.

## Check out the tips below for serving fruits and vegetables for snacks during Scout meetings:



**Have a taste test:** Kids are more likely to try new foods when they're around other kids. Have Scouts score fruits and vegetables on things like:

★ Eye-catching   ★ Crunch   ★ Flavor



**Add a dip:** A healthy dip can encourage Scouts to try fruits and vegetables. Hummus or peanut butter are great options, but be aware of any allergies. You can also pair fruits and vegetables with these yogurt dip recipes:

### Savory Dip:

Combine 2 cups low fat plain yogurt, 1 tsp. garlic powder, 3 Tbsp. lemon juice, ¼ cup grated parmesan cheese, and a pinch of salt and pepper. Mix well.

### Sweet Dip:

Combine 2 cups low fat vanilla yogurt, ½ tsp nutmeg, and ½ tsp cinnamon. Mix well.



**Cub Scout Derby Cars:** Scouts can use fruits, vegetables and toothpicks to build their own model derby cars. Encourage them to taste at least three of the foods they use to build their cars.

**Body of the car:** Try Bananas

**Wheels:** Try cherry tomatoes or grapes



**Scout Chefs:** Recreate the famous story of Stone Soup by having each Scout contribute one ingredient to make a vegetable soup or fruit salad together. If you don't have the time at a meeting, make this part of your next camping trip.

Share the "Tips for Snack Volunteers" handout, which can be found at [www.scouting.org/scoutstronghealthyunit](http://www.scouting.org/scoutstronghealthyunit).

"I was surprised what a big hit our healthy snacks were. The Scouts were just as excited about the fruit as they were about the cookies we had served before."

-Cubmaster, Pack 688  
Grand Canyon Council