



WINTER 2020 | BY NORMAN YU AND MARISA MEDEIROS RAMOS

CSR FAMILY VISITATION PROGRAM

520 DUDLEY STREET
ROXBURY, MA 02119

WELCOME

WELCOME TO THE CSR FAMILY VISITATION PROGRAM NEWSLETTER. OUR PROGRAM PROVIDES A SAFE, MULTI-PARTIAL, AND PROFESSIONAL LOCATION FOR VISITS FOR FAMILIES IN THE NEW ENGLAND AREA. VISITATION SERVICES ALLOWING SAFE ACCESS AND CONTACT BETWEEN CHILDREN AND LOVED ONES LIVING OUTSIDE OF THEIR HOME ARE CONDUCTED BASED ON THE PARAMETERS DESIGNATED BY A REFERRAL SOURCE. TRAINED STAFF SUPPORT EACH VISIT AND REMAIN MULTI-PARTIAL AT ALL TIMES WHILE FACILITATING THE VISITATION. WE HOPE YOU ENJOY THIS ISSUE OF OUR NEWSLETTER.



SPOTLIGHTS

LEARN ABOUT
THE ROLES AND
EXPERIENCES OF
OUR INTERNS.

WHY SHOULD
YOU CARE ABOUT
PEDIATRIC
NUTRITION?

WHAT ARE THE
EFFECTS OF
LIVING IN A FOOD
DESERT?

8 HEALTHY,
DELICIOUS, AND
KID-FRIENDLY
SNACK RECIPES!

THE FAMILY VISITATION PROGRAM IS A B.R.I.D.G.E. TOWARDS PEACE OF MIND



OUR SERVICES

- ONSITE, SUPERVISED VISITS
- ONSITE, UNSUPERVISED VISITS
- MONITORED EXCHANGE

ASK US ABOUT RESOURCES

- MYFITNESSPAL
- OLDWAYS
- HUNGER AND HEALTH
- USDA DIETARY GUIDELINES
- AMERICAN HEART ASSOCIATION
- NAMI
- SAMHSA
- HEALTHY INCENTIVES PROGRAM
- THE GREATER BOSTON FOOD BANK
- THE FOOD PROJECT

FOR MORE INFORMATION, PLEASE CONTACT

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THE FAMILY VISITATION PROGRAM IS A B.R.I.D.G.E. TOWARDS PEACE OF MIND

MEET OUR INTERNS



WHEN / WHERE

INTERNS TYPICALLY SPEND 8 TO 16 HOURS PER WEEK AT THE FAMILY VISITATION PROGRAM ON OPERATIONAL DAYS.

WHAT

- HOST FAMILY VISITATION SESSIONS
- PERFORM INTAKES
- AUDIT CASE FILES
- CASE MANAGEMENT
- CREATE INDIVIDUAL PROJECTS THAT BENEFIT THE PROGRAM

WHO

THE FAMILY VISITATION PROGRAM HOSTS A FEW UNDERGRADUATE AND GRADUATE INTERNS EACH YEAR. STUDENTS ARE TYPICALLY STUDENTS FROM GREATER BOSTON COLLEGES AND UNIVERSITIES.

WHY

OUR PROGRAM GIVES INTERNS MEANINGFUL FIELD EXPERIENCE THAT COMPLIMENTS AND EXTENDS THEIR LEARNING OUTSIDE OF THE CLASSROOM. INTERNS' WORK IS INTEGRATED INTO AND SUPPORT PROGRAM FUNCTIONING.

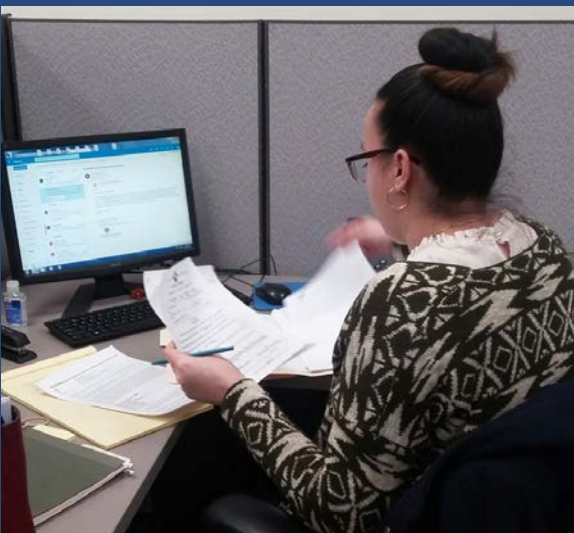
THE FAMILY VISITATION PROGRAM IS A B.R.I.D.G.E. TOWARDS PEACE OF MIND



"My experience interning at CSR fits into my school's program by supporting learning hands-on skills in clinical and macro social work simultaneously."



"Doing research for my independent project at CSR has let me get a better understanding of the racial and ethnic disparities in food insufficiency."



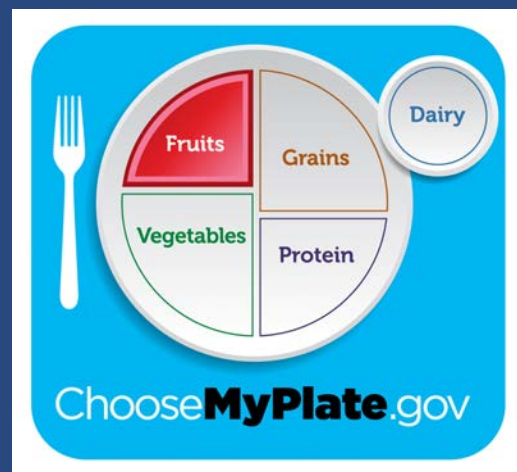
"Meeting with families and listening to a part of their stories during intakes fits into what I'm learning in school because I'm able to incorporate empathetic listening and socratic questioning."

WHY CHILDREN SHOULD LEARN HEALTHY HABITS EARLY ON



A BALANCED DIET IS IMPORTANT ACROSS ALL AGES BUT IS OFTEN NEGLECTED IN YOUTHS. GROWTH IS A TYPICAL CHARACTERISTIC OF CHILDHOOD DEVELOPMENT AND IS A STRONG INDICATOR OF A CHILD'S NUTRITIONAL STATUS. DEVIATIONS IN GROWTH PATTERNS MAY LEAD TO MALNUTRITION, OR THE LACK OF KEY NUTRIENTS NECESSARY FOR PHYSICAL AND COGNITIVE GROWTH. ON THE OTHER END, IMPROPER NUTRITION CAN ALSO LEAD TO THE ACCUMULATION OF EXCESS FAT, TYPICAL OF OBESITY.

EARLY CHILDHOOD AND MIDDLE CHILDHOOD ARE CRITICAL PERIODS TO ESTABLISH HEALTHY EATING PATTERNS. DEVELOPING THESE HABITS AT AN EARLY AGE WILL CULTIVATE A CHILD'S ATTITUDES TOWARD FOOD AND FOOD CHOICES FOR YEARS TO COME. PARENTS AND CARERS ARE RESPONSIBLE FOR FOOD OFFERED TO YOUNG CHILDREN AND HAVE THE POWER AND INFLUENCE TO PROMOTE STRONG DIETS. MYPLATE IS A USEFUL RESOURCE CREATED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) FOR PARENTS TO ADDRESS NUTRITIONAL GUIDELINES AMONG CHILDREN (SEE SIDEBAR FOR MORE INFORMATION ABOUT MYPLATE). ULTIMATELY, CHILDREN BUILD A FOUNDATION FOR LIFE-LONG HEALTH AND WELL-BEING AND REDUCE THE RISK OF PREVENTABLE DISEASES. CALORIES A CHILD REQUIRES TYPICALLY DEPENDS ON FACTORS SUCH AS HEIGHT, WEIGHT, AND PHYSICAL ACTIVITY. CALORIES MUST BE ADEQUATE ENOUGH TO SUPPORT GROWTH AND DEVELOPMENT AMONG CHILDREN AND FUEL THEIR BODIES.



WHAT IS MYPLATE?

MYPLATE IS AN EASY-TO-FOLLOW FOOD GUIDE DESIGNED FOR CHILDREN. PARENTS OR CAREGIVERS CAN USE MYPLATE TO FIGURE OUT HOW TO FEED THEIR KIDS NUTRITIOUS, BALANCED MEALS. THE GOAL IS TO THINK OF MYPLATE THROUGHOUT THE ENTIRE DAY. MAKE SURE HALF OF WHAT YOUR KIDS EAT ARE FRUITS AND VEGETABLES, AND THE OTHER HALF ARE GRAINS AND PROTEIN FOODS. AN OCCASIONAL TREAT IS FINE, BUT BE CAREFUL TO LIMIT FOODS THAT ARE HIGH IN CALORIES AND LOW IN NUTRIENTS. MYPLATE IS DIVIDED INTO 5 FOOD CATEGORIES: GRAINS, FRUITS, VEGETABLES, PROTEINS AND DAIRY. IN THE FAMILY VISITATION PROGRAM, VISITING PARTIES MAY HAVE THE OPPORTUNITY TO SHARE SNACKS AND SMALLS MEALS WITH THEIR CHILD DURING THEIR PARENTING TIME. FOOD CAN BE A WONDERFUL BRIDGE FOR CREATING CONNECTIONS.

(SEE OUR LIST OF KID-FRIENDLY SNACK RECIPES)

THE FAMILY VISITATION PROGRAM IS A B.R.I.D.G.E. TOWARDS PEACE OF MIND

Daily calorie needs based on age, gender, and activity level

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male Female	1,200 – 1,400 1,200 – 1,400	1,400 – 1,600 1,400 – 1,600	1,600 – 2,000 1,400 – 1,800
9-13	Male Female	1,600 – 2,000 1,400 – 1,600	1,800 – 2,200 1,600 – 2,000	2,000 – 2,600 1,800 – 2,200
14-18	Male Female	2,000 – 2,400 1,800	2,400 – 2,800 2,000	2,800 – 3,200 2,400
19-30	Male Female	2,400 – 2,600 1,800 – 2,000	2,600 – 2,800 2,000 – 2,200	3,000 2,400
31-50	Male Female	2,200 – 2,400 1,800	2,400 – 2,600 2,000	2,800 – 3,000 2,200
51 and older	Male Female	2,000 – 2,200 1,600	2,200 – 2,400 1,800	2,400 – 2,800 2,000 – 2,200

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC US Government Printing Office 2010.

[Http://www.health.gov/dietaryguidelines/2010.asp](http://www.health.gov/dietaryguidelines/2010.asp). Accessed March 18, 2014

Daily amounts of each food group based on calorie needs

Food Group ^a	1,000 Calories	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories
Fruits	1 cup	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Vegetables	1 cup	1 ½ cups	1 ½ cups	2 cups	2 ½ cups	2 ½ cups
Grains	3 ounces	4 ounces	5 ounces	5 ounces	6 ounces	6 ounces
Protein foods	2 ounces	3 ounces	4 ounces	5 ounces	5 ounces	5 ½ ounces
Dairy	2 cups	2 ½ cups	2 ½ cups	3 cups	3 cups	3 cups

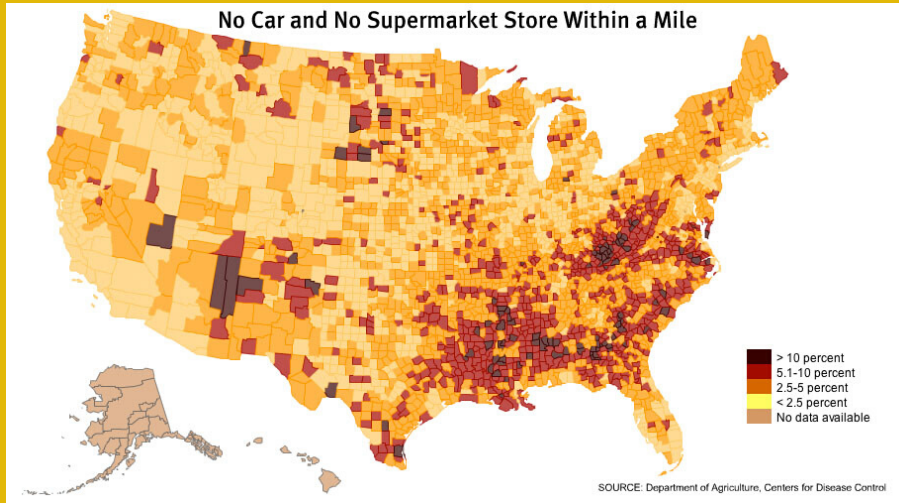
Food Group ^a	2,200 Calories	2,400 Calories	2,600 Calories	2,800 Calories	3,000 Calories	3,200 Calories
Fruits	2 cups	2 cups	2 cups	2 ½ cups	2 ½ cups	2 ½ cups
Vegetables	3 cups	3 cups	3 ½ cups	3 ½ cups	4 cups	4 cups
Grains	7 ounces	8 ounces	9 ounces	10 ounces	10 ounces	10 ounces
Protein foods	6 ounces	6 ½ ounces	6 ½ ounces	7 ounces	7 ounces	7 ounces
Dairy	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups

^a Food group equivalents: 1 cup of fruit equals 1 cup of raw or cooked fruit, ½ cup of dried fruit, or 1 cup of 100% fruit juice; 1 cup of vegetables equals 1 cup of raw or cooked vegetables, 2 cups of leafy salad greens, or 1 cup of 100% vegetable juice; 1 ounce of grains equals 1 slice of bread, 1 ounce of ready-to-eat cereal, or ½ cup of cooked rice, pasta or cereal; 1 ounce of protein such as lean meat, poultry, or seafood equals 1 egg, 1 tablespoon of peanut butter, ¼ cup of cooked beans or peas, or ½ ounce of nuts or seeds; 1 cup of dairy such as milk, yogurt, or fortified soy beverage equals 1 ½ ounces of natural cheese or 2 ounces of processed cheese.

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC; US Government Printing Office 2010.

<http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 10, 2014

THE EFFECTS OF LIVING IN A FOOD DESERT



SUPERMARKETS HAVE ABANDONED THE INNER CITY OVER THE PAST 60 YEARS AND THUS, LIMIT FOOD ACCESSIBILITY IN URBAN AREAS. A FOOD DESERT IS OFTEN DEFINED AS A NEIGHBORHOOD WHERE LITTLE FRESH PRODUCE IS AVAILABLE FOR SALE. THE LACK OF ACCESS TO GROCERY STORES CAUSES URBAN RESIDENTS TO OFTEN PAY MORE FOR GROCERIES, SPEND MORE TIME TRAVELING TO DISTANT GROCERY STORES, AND INCUR OTHER COSTS RELATED TO POOR FOOD HABITS. FOOD DESERTS PRIMARILY AFFECT LOW-INCOME NEIGHBORHOODS, AND RESEARCH FROM JOHNS HOPKINS UNIVERSITY SHOWS THAT FOOD INSECURITY IS MOST PREVALENT IN BLACK AND HISPANIC NEIGHBORHOODS.

STUDIES HAVE LINKED FOOD DESERTS TO LOWER FRUIT AND VEGETABLE CONSUMPTION AND HIGHER RATES OF DIABETES AND CHILDHOOD OBESITY. THE U.S. DEPARTMENT OF AGRICULTURE (USDA) LINKED FOOD DESERTS TO AN INCREASING WEIGHT PROBLEM IN THE UNITED STATES WITH CHILDHOOD OBESITY TRIPLING SINCE 1980. SCIENTISTS HAVE ALSO EXAMINED THE PHYSIOLOGICAL EFFECTS OF FOOD DESERT CREATED STRESSORS. SUCH STRESS IS SHOWN TO TAKE A TOLL ON BOTH RESIDENTS' PHYSICAL AND MENTAL HEALTH AND HOW FOOD DESERTS EXACERBATE PRIOR SOCIAL AND ECONOMIC STRESSORS.



WHAT CAN YOU DO?

WITH LIMITED OPTIONS, MANY PEOPLE LIVING IN FOOD DESERTS RELY ON UNHEALTHY OPTIONS SUCH AS FROZEN FOODS, HIGHLY PROCESSED FOODS, OR FAST FOOD. RATHER, A TRIP TO THE LOCAL FARMER'S MARKET IS THE BEST WAY TO COMBAT NUTRITIONAL DISPARITIES. THE CDC ALSO RECOMMENDS THAT THE PEOPLE IN THESE COMMUNITIES PARTICIPATE IN THE EFFORTS BY ESTABLISHING A COMMUNITY GARDEN OR ORGANIZING AND VOLUNTEERING AT LOCAL FARMERS MARKETS. WHILE INCREASING ACCESS TO HEALTHIER FOODS IS A GOOD STEP FOR FOOD DESERTS, FOOD EDUCATION AND MAKING SURE PEOPLE KNOW WHAT THEY SHOULD BE BUYING AND EATING IS JUST AS ESSENTIAL.

(SEE NEXT PAGE FOR LOCAL FARMERS MARKETS)

THE FAMILY VISITATION PROGRAM IS A B.R.I.D.G.E. TOWARDS PEACE OF MIND

A person wearing a purple shirt is holding a large bunch of fresh orange carrots with green leafy tops. The background is a blurred green field.

Farm fresh is right around the corner.

**Earn more SNAP dollars with the
Healthy Incentives Program (HIP).**

Buy fresh fruits & vegetables at your local
farmers market & get an instant
dollar-to-dollar match on your EBT card.

FIND A LOCAL FARMERS MARKET NEAR YOU.

Visit cityofboston.gov/farmersmarkets for a list of farmers markets, dates and times.

#farmfreshBOS



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WE WELCOME
Aceptamos
Chúng tôi chấp nhận
Nou pran
Nu ta aceita
мы принимаем
我们欢迎

SNAP & Healthy Incentives Program (HIP)

Ashmont/Peabody Square Farmers Market

1900 Dorchester Ave, Dorchester
Peabody Square, Ashmont MBTA Station
Friday, 3PM-7PM
June 23 - October 13 ●

Boston Medical Center Farmers Market

725 Albany St, South End
Inside the Shapiro Ambulatory
Care Center at BMC
Thursday, 12PM-3PM
July 13- October 26 ●

Boston Public Market

100 Hanover St, Downtown
Haymarket T Station
Monday – Sunday
8AM-8PM
Year- Round Indoor Market ●

Bowdoin Geneva Farm Stand

230 Bowdoin St, Dorchester
Bowdoin Street Health Center
Thursday, 1PM- 5PM
June 29 – October 26

Charlestown Farmers Market

Austin St & Main St, Charlestown
Across the street from BPL
Wednesday, 2PM-7PM
June 21- October 25 ●

Social Saturdays at the Codman Square Farmers Market

360 Talbot Ave, Dorchester
Codman Square Park
Saturday, 10AM-1PM
June 23- September 30

Copley Square Farmers Market

139 St. James Ave, Back Bay
Tuesday & Friday, 11AM- 6PM
May 12-November 23 ●

Boston Public Market at Dewey Square

Dewey Square Plaza, South Station Tuesday
& Thursday, 11 AM- 6PM
May 16- November 21 ●

Dot House Health Farmers Market

1342 Dorchester Ave, Dorchester
Tuesday, 11:30AM- 2:00PM
July 11- October 10 ●

Dudley Town Common

Corner of Blue Hill Ave & Dudley St, Roxbury
Thursday, 3PM-7PM
June 15- October 26 ●

East Boston Farmers Market

209 Sumner St, East Boston
Behind Maverick T Station, Lewis Mall
Wednesday, 3PM- 6:30PM
July 5- October 18 ●

Egleston Farmers Market

29-31 Germania St, Jamaica Plain
Across from Sam Adams Brewery Saturday,
10AM- 2PM
May 6- February 17

Fields Corner Farmers Market

Park St & Dorchester Ave., Dorchester Fields
Corner Shopping Center
Saturday, 9AM- 12 PM
July 15- October 28 ●

Boston Public Market at Grove Hall

48 Geneva Ave, Grove Hall
Across the Street from BCYS & the Library
Wednesday, 2PM-6PM
July 12- October 19 ●

Jamaica Plain Farmers Market

667 Center St, Jamaica Plain
Bank of America Parking Lot
Tuesday, 12PM-5PM
Saturday, 12PM-3PM
May 5- November 25

Mattapan Square Farmers Market

525 River St, Mattapan
Church of Holy Spirit parking lot
Saturday, 11AM-1PM
July 8- October 14 ●

Mission Hill Farmers Market: Brigham Circle

Huntington Ave & Francis St, Mission Hill
Across from Brigham & Women's Hospital
Thursday, 11AM-6PM
June 20- November 21 ●

Mission Hill Farmers Market: Roxbury Crossing

Tremont St & Columbus Ave, Mission Hill
Roxbury Crossing T Station
Tuesday & Friday, 11AM- 7PM
June 20- November 21 ●

ISBCC Farmers Market- Nubia

100 Malcolm X Blvd, Roxbury
Across the street from Roxbury Crossing Station
Friday 1PM-5PM
July 14- October 13

Oak Square Farmers Market

640 Washington St, Brighton
Presentation School Foundation Parking Lot
Wednesday, 4PM-7PM
June 7 –September 27 ●

Revision Urban Farm Stand

1062 Blue Hill Ave, Dorchester
Corner of Blue Hill Ave & Arbutus St
Friday 3PM-7PM
July 14- October 13 ●

Roslindale Village Farmers Market

Adams Park, Washington St, Roslindale
Roslindale Square
Saturday 9AM – 1:30PM
June 3- November 18 ●

South Boston Farmers Market

446 West Broadway, South Boston
W. Broadway Municipal Parking Lot
Monday, 12PM-6PM
June 5- October 28 ●

● WIC & Senior Farmers Market Nutrition
Program coupons welcomed at this market



8 KID-FRIENDLY SNACK RECIPES



THE FAMILY VISITATION PROGRAM IS A B.R.I.D.G.E. TOWARDS PEACE OF MIND

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



FRUIT SANDWICH

PREP TIME: 15-20 MINUTES

- ~ 12 STRAWBERRIES
- ~ 2 KIWIS
- ~ 1 ORANGE
- ~ 1 CUP HEAVY CREAM
- ~ 5 TBSP SUGAR
- ~ 4 THIN SLICES OF WHITE BREAD

1. PUT HEAVY CREAM AND SUGAR IN AN ELECTRIC MIXER ON MEDIUM-HEAVY AND WHIP UNTIL HARD PEAKS FORM (ABOUT 3-4 MINUTES).
2. REMOVE CRUSTS OF BREAD. PREPARE FRUIT AND SLICE INTO 1/2" PIECES.
3. SPREAD WHIPPED CREAM ON TWO SLICES OF BREAD. PLACE SLICED FRUITS ON ONE SLICE AND ADD ONE MORE LAYER OF WHIPPED CREAM OVER THE FRUITS. PLACE THE OTHER SLICE OF BREAD ON TOP, CREAM SIDE DOWN. REPEAT TO CREATE A SECOND SANDWICH.
4. WRAP THE SANDWICHES WITH PLASTIC WRAP AND REFRIGERATE FOR AT LEAST 1 HOUR.
5. REMOVE PLASTIC AND CUT SANDWICHES DIAGONALLY TO MAKE TRIANGLE SANDWICHES.

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



OATMEAL BITES

PREP TIME: 5-10 MINUTES

- ~ 1 CUP ROLLED OATS
- ~ 1/2 CUP TOASTED UNSWEETENED COCONUT FLAKES
- ~ 1/2 CUP SUN BUTTER
- ~ 1/2 CUP GROUND FLAX SEED
- ~ 1/3 CUP HONEY
- ~ 1 TEASPOON VANILLA EXTRACT
- ~ 1/4 CUP CHOCOLATE CHIPS (OPTIONAL)

1. ADD ALL INGREDIENTS INTO A LARGE BOWL AND MIX TOGETHER UNTIL WELL INCORPORATED.
2. COVER AND CHILL IN A REFRIGERATOR FOR AT LEAST 30 MINUTES.
3. GRAB ABOUT A SPOONFUL OF THE MIXTURE AND SHAPE IT INTO A BALL. REPEAT WITH THE REMAINING OAT MIXTURE, MAKING ABOUT 12-16 BITES.
4. EAT IMMEDIATELY OR STORE IN A SEALED CONTAINER IN THE REFRIGERATOR.

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



CHOCOLATE BANANA BITES

PREP TIME: 5-10 MINUTES

~ 2 BANANAS

~ 1 TBS COCONUT OIL

~ 2 CUPS MILK CHOCOLATE
CHIPS

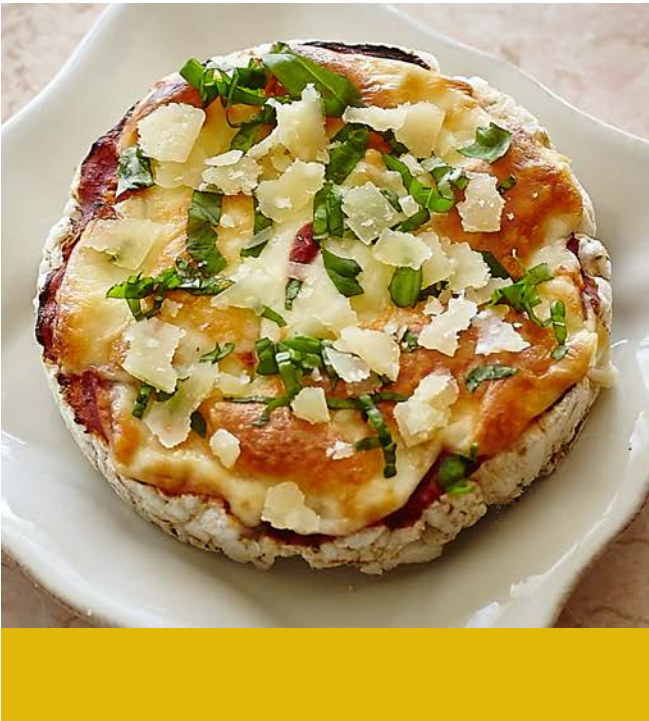
~ TOOTHPICKS

1. LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. CUT PEELED BANANAS IN 1" SLICES. INSERT TOOTHPICK INTO EACH SLICE AND PLACE ON COOKIE SHEET. FREEZE FOR 30 MINUTES.
3. MICROWAVE CHOCOLATE CHIPS AND COCONUT OIL ON HIGH FOR 30 SECONDS AND STIR WELL. CONTINUE TO MICROWAVE IN 15 SECOND INTERVALS AND STIR WELL UNTIL CHOCOLATE IS COMPLETELY MELTED.
4. TAKE BANANAS FROM FREEZER AND DIP EACH IN THE MELTED CHOCOLATE; RETURN TO PAPER-LINED COOKIE SHEET. LET STAND UNTIL CHOCOLATE IS FIRM.

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SNACK IDEAS

EASY | HEALTHY | DELICIOUS



PIZZA RICE CAKE

PREP TIME: 5-10 MINUTES

- ~ 2 LIGHTLY SALTED RICE CAKE
- ~ 4 TBSP SHREDDED CHEESE
- ~ 4 TBSP SPAGHETTI SAUCE
- ~ ADDITIONAL TOPPINGS
(OPTIONAL)

1. PREHEAT OVEN TO 350 °F.
2. BAKE RICE CAKES FOR 1 MINUTE ON 350 °F AND REMOVE FROM OVEN
3. LAYER SPAGHETTI SAUCE ON RICE CAKES AND ADD THE SHREDDED CHEESE ON TOP OF EACH RICE CAKE.
4. LAYER ANY ADDITIONAL TOPPINGS (OPTIONAL)
5. PLACE RICE CAKES BACK IN OVEN UNTIL CHEESE IS FULLY MELTED.

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



STRAWBERRY BANANA SMOOTHIE

PREP TIME: 5 MINUTES

~ 1 1/2 CUP APPLE JUICE

~ 1 1/2 CUP STRAWBERRIES

~ 1 1/2 BANANA

~ 3/4 CUP VANILLA GREEK
YOGURT

~ CHOICE OF VEGETABLES
(OPTIONAL)

1. PUT APPLE JUICE, BANANAS, STRAWBERRIES, VANILLA GREEK YOGURT AND CHOICE OF VEGETABLES (OPTIONAL) INTO A BLENDER.
2. BLEND COMPLETELY UNTIL INGREDIENTS BECOME SMOOTH.
3. POUR INTO 2 GLASSES OR JARS AND SERVE.
4. GARNISH WITH FRUIT (OPTIONAL).

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



SWEET POTATO CHIPS

PREP TIME: 30 MINUTES

- ~ 2 MEDIUM SWEET POTATOES
- ~ 1 TBS EXTRA VIRGIN OLIVE OIL
- ~ 1/2 TEASPOON SEA SALT
- ~ 1/2 BLACK PEPPER

1. PREHEAT OVEN TO 400 °F AND LINE 2 BAKING SHEETS WITH PARCHMENT PAPER.
2. PEEL SWEET POTATOES AND CUT THE SWEET POTATOES INTO PAPER-THIN ROUNDS.
3. ADD SEA SALT, BLACK PEPPER AND OIL INTO A LARGE BOWL AND MIX TOGETHER. ADD THE SWEET TOMATOES INTO THE BOWL AND TOSS.
4. SPREAD SLICES ONTO A SINGLE LAYER ON EACH BAKING SHEET AND BAKE FOR 10-15 MINUTES ON EACH SIDE OR UNTIL GOLDEN.

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



FROZEN YOGURT BLUEBERRIES

PREP TIME: 5-10 MINUTES

~ 1 CUP BLUEBERRIES

~ 1/2 CUP GREEK YOGURT

~ TOOTHPICKS

1. LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. PLACE BLUEBERRIES ON A TOOTHPICK AND DIP IN YOGURT.
3. SET ON THE PARCHMENT PAPER IN A SINGLE LAYER AND REPEAT FOR EACH BERRY.
4. FREEZE UNTIL SOLID (ABOUT 1 HOUR).
5. EAT IMMEDIATELY OR TRANSFER BERRIES INTO AN AIRTIGHT CONTAINER AND STORE IN THE FREEZER.

SNACK IDEAS

EASY | HEALTHY | DELICIOUS



TORTILLA ROLLS

PREP TIME: 30 MINUTES

~ 1 TORTILLA WRAP

~ 1 TBS CREAM CHEESE

~ 3 SLICES OF HAM

~ 3 SLICES OF CHEESE

~ HANDFUL OF BABY SPINACH

1. MICROWAVE THE TORTILLA WRAP FOR 10-15 SECONDS UNTIL WARM AND SLIGHTLY SOFTENED.
2. SPREAD CREAM CHEESE OVER THE ENTIRE SURFACE OF THE TORTILLA WRAP.
3. LAY THE HAM AND CHEESE SLICES IN A LINE ACROSS THE CENTER OF THE WRAP. TOP WITH BABY SPINACH LEAVES.
4. ROLL THE WRAP UP AS TIGHTLY AS POSSIBLE AND SLICE THE WRAP INTO 6-8 ROLLS.