

kids teaching kids[®]
HEALTHY LIFESTYLES

Recipe Book
2026 - 2027.



Medical City Healthcare



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their wrist?”**

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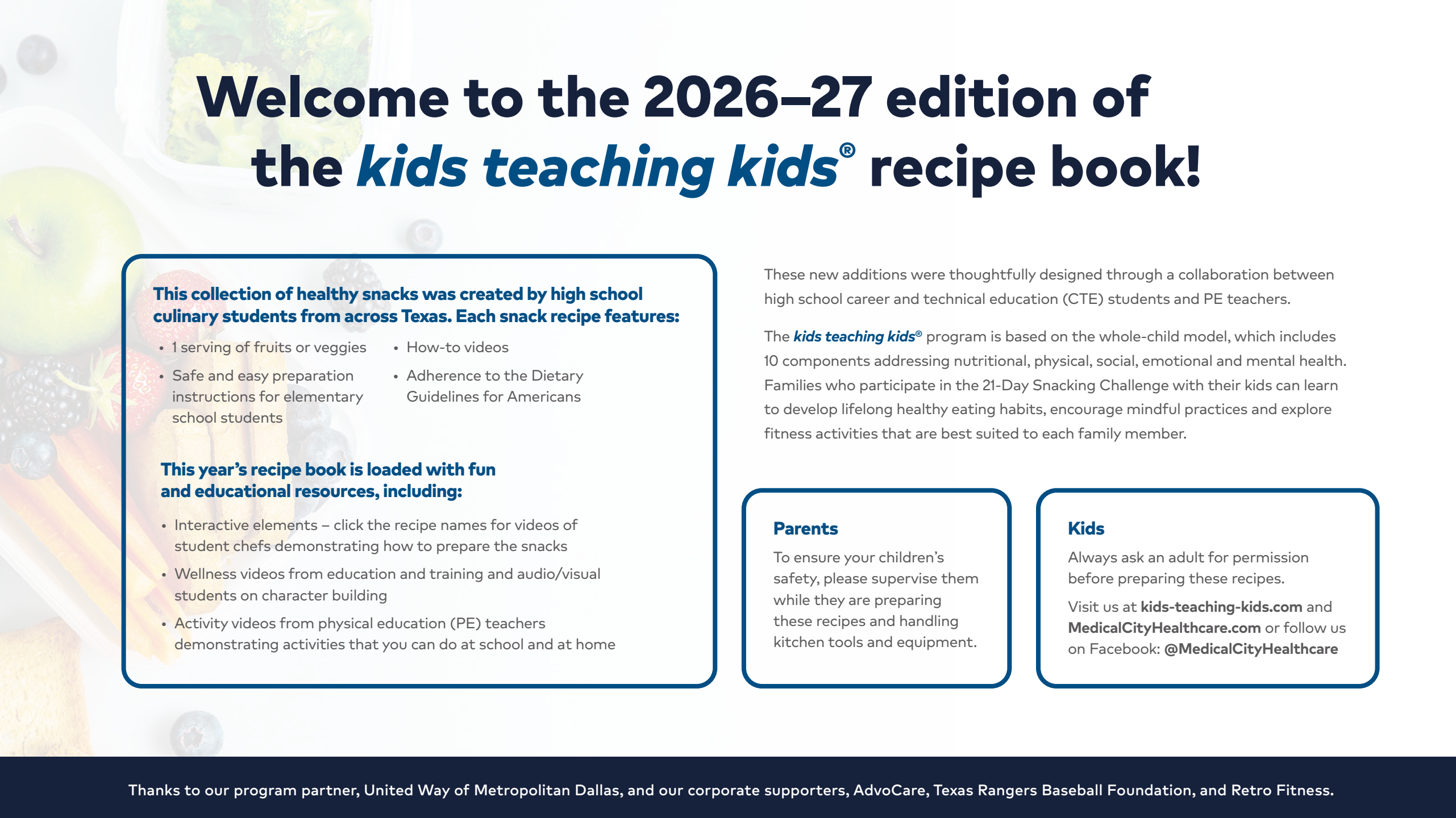
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Welcome to the 2026–27 edition of the *kids teaching kids*® recipe book!

This collection of healthy snacks was created by high school culinary students from across Texas. Each snack recipe features:

- 1 serving of fruits or veggies
- Safe and easy preparation instructions for elementary school students
- How-to videos
- Adherence to the Dietary Guidelines for Americans

This year's recipe book is loaded with fun and educational resources, including:

- Interactive elements – click the recipe names for videos of student chefs demonstrating how to prepare the snacks
- Wellness videos from education and training and audio/visual students on character building
- Activity videos from physical education (PE) teachers demonstrating activities that you can do at school and at home

These new additions were thoughtfully designed through a collaboration between high school career and technical education (CTE) students and PE teachers.

The *kids teaching kids*® program is based on the whole-child model, which includes 10 components addressing nutritional, physical, social, emotional and mental health. Families who participate in the 21-Day Snacking Challenge with their kids can learn to develop lifelong healthy eating habits, encourage mindful practices and explore fitness activities that are best suited to each family member.

Parents

To ensure your children's safety, please supervise them while they are preparing these recipes and handling kitchen tools and equipment.

Kids

Always ask an adult for permission before preparing these recipes.

Visit us at kids-teaching-kids.com and MedicalCityHealthcare.com or follow us on Facebook: [@MedicalCityHealthcare](https://www.facebook.com/MedicalCityHealthcare)



INVEST IN A HEALTHIER FUTURE

Be a superhero and invest in a healthier North Texas for all! Your donation to United Way of Metropolitan Dallas supports programs like kids teaching kids, which ensures local families have the knowledge and resources to improve their eating habits.

Join us in supporting kids teaching kids®, and together we can positively impact students today and throughout their lifetime!

- Introduce local students to healthier meal and snack choices
- Support children's overall health and development
- Create a foundation for a lifetime of better nutrition
- Enable kids to thrive in every area of life, including education, income and health

500,000+

students
signed up
since 2014

30+

school districts
participating across
North Texas

68%

of participants
tried new fruits
or vegetables



kids teaching kids®
HEALTHY LIFESTYLES



Scan the code to invest in a
healthier North Texas today!

Super Strawberry Spring Rolls



Plano ISD - Plano East Senior High

Isabelle Nelsen, Angelina Talevera, William Gonzalez

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

¼ cup	Cottage Cheese (Low Fat, Small Curd)
1 each	Strawberry (Raw, Whole)
¼ cup	Spinach (Raw)
¼ cup	Apple (Raw, Sliced)
1 each	Strawberry (Raw, Medium, Sliced)
1 cup	Water
1 tsp	Strawberry Jam
1 tsp	Chia Seeds
2 each	Rice Paper

STEP-BY-STEP DIRECTIONS

1. Use a butter knife to remove the leafy tops from the strawberries, then slice them.
2. Next, cut the apple into slices.
3. Fill a shallow bowl with water. Briefly dip the rice paper to soften it, then lay it onto a plate.
4. Place your spinach slightly off-center on the rice paper, then add the sliced fruit on top.
5. Fold the sides toward the center, then fold up the bottom and start rolling your spring roll. Repeat the steps to make the second spring roll.
6. With adult supervision, add the cottage cheese, jam, and one whole strawberry to a blender. Blend until smooth to make the dip. If you prefer a thinner consistency, add a splash of water and blend again until desired consistency is achieved.
7. Pour the dip into a small bowl, using a spoon to scrape down the sides of the blender if needed.
8. Sprinkle chia seeds on top.
9. Enjoy!



UTENSILS & EQUIPMENT

- Blender (USE WITH ADULT PERMISSION)
- Measuring Cups
- Measuring Spoon
- Butter Knife
- Cutting Board
- Shallow Bowl
- Small Bowl
- Spoon
- Serving Plate

NUTRITION FACTS (PER SERVING)

Calories	180
Fat(g)	1.5
Saturated Fat (g)	1.0
Fiber (g)	3.0
Sugar (g)	12
Added Sugar (g)	3.5



ACTIVITY VIDEO

Are You Stronger Than a Fifth Grader?

Richardson ISD

WELLNESS VIDEO

A Peaceful Plan in the Garden

Sanger ISD



Enchanting Broccoli



Dallas ISD - Franklin D. Roosevelt School of Innovation
Samantha Watson, Jalil Robinson & Lonnie Mitchell (The Broccoli Club)

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

½ cup	Broccoli (Raw, Chopped)
⅔ cup	Cold Water (Two ⅓ cup portions)
½ cup	Banana (Raw, Medium)
¼ cup	Greek Yogurt (Non-Fat, Vanilla)
2 tbsp	Apple Juice

STEP-BY-STEP DIRECTIONS

1. Chop the broccoli into small pieces. Place the broccoli in a small microwave-safe bowl, add ⅓ cup of water, and microwave for 4 minutes to steam until tender.
2. Have an adult assist in removing the broccoli from the microwave, as the bowl may be hot. Drain any remaining water using a colander. Let the broccoli cool for 2 minutes, or until it reaches room temperature.
3. Peel the banana and cut half of it into ½–1-inch slices.
4. With adult supervision, place the remaining ⅓ cup of water and all other ingredients in a blender, then blend until smooth.
5. Pour the smoothie into a glass and scrape down the sides of the blender with a spoon. Place a straw in the glass.
6. Enjoy!

UTENSILS & EQUIPMENT

- Blender (USE WITH ADULT PERMISSION)
- Microwave (USE WITH ADULT PERMISSION)
- Microwave-Safe Bowl
- Measuring Cups
- Measuring Spoon
- Serving Glass
- Cutting Board
- Butter Knife
- Colander
- Spoon
- Straw

NUTRITION FACTS (PER SERVING)

Calories	120
Fat(g)	0.0
Saturated Fat (g)	0.0
Fiber (g)	2.5
Sugar (g)	13
Added Sugar (g)	0.0



ACTIVITY VIDEO

Hoop Hop
Lewisville ISD

WELLNESS VIDEO

Sharing is Caring
Weatherford ISD



Berrylicious Pizza



Fort Worth ISD - North Side High School

Alyssa Ramos, Janelly Martinez, Jeremiah Mercado, Homer Torres

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

1/3 cup	Banana (Medium)
1/4 cup	Strawberries (Raw, Sliced)
1/2 cup	Blueberries (Raw, Halved)
2/3 cup	Blackberries (Raw, Halved)
1 each	Raspberries (Raw, Halved)
2 each	Cream Cheese (Whipped)
1 each	Flour Tortilla (Fajita Size)

UTENSILS & EQUIPMENT

- Pop-up Toaster
(USE WITH ADULT PERMISSION)
- Rubber Spatula
- Measuring Cups
- Measuring Spoon
- Butter Knife
- Cutting Board
- Mixing Bowl
- Fork
- Serving Plate

NUTRITION FACTS (PER SERVING)

Calories	200
Fat(g)	4.5
Saturated Fat (g)	2.0
Fiber (g)	6.0
Sugar (g)	12
Added Sugar (g)	1.0

STEP-BY-STEP DIRECTIONS

1. Cut and measure all berries.
2. Add half the strawberries, 1/4 of a banana, and 1 tablespoon cream cheese to a mixing bowl.
3. Use a fork to mash the strawberries, banana, and the cream cheese together.
4. With adult supervision, place the tortilla in the toaster and toast for 45 seconds, or until lightly crisp. If the tortilla does not fit completely, rotate it and toast the remaining half for an additional 45 seconds.
5. Place the tortilla on the cutting board and spread the strawberry-banana cream cheese on top with a spatula or spoon.
6. Use the rest of the berries to decorate your pizza; make rainbows, flowers, or any fun design you like.
7. Get creative and enjoy!

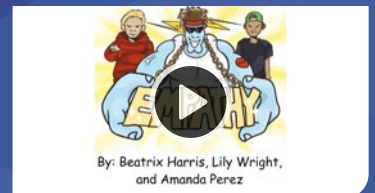


ACTIVITY VIDEO

Self Toss and Catch Challenge
Goose Creek ISD

WELLNESS VIDEO

Empathy
Sanger ISD



By: Beatrix Harris, Lily Wright,
and Amanda Perez

Mango Tango Salsa



Weatherford ISD - Weatherford High School

Samuel Reyes, Chase Elliott, Jett Vindiola, James Wells

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 2 SERVINGS)

½ cup	Mango (Raw, chopped)
½ each	Red Onion (Raw, Medium)
½ each	Red Bell Pepper (Raw, Medium)
¼ each	Garlic Clove (Raw)
¾ cup	Cilantro (Raw)
1 cup	Water
1 tsp	Lime Juice
1 tsp	Salt
½ cup	Sea Salt Pita Chips

STEP-BY-STEP DIRECTIONS

1. Under adult supervision, Chop the mango, onion, and bell pepper, then add to the blender.
2. Next, add the lime juice, cilantro, garlic, and salt to the blender.
3. With adult supervision, blend all ingredients together until the salsa is slightly chunky.
4. Add ¼ cup of water if needed.
5. Pour the salsa into a small bowl, serve with chips.
6. Enjoy with a friend!



UTENSILS & EQUIPMENT

- Blender (USE WITH ADULT PERMISSION)
- Measuring Cups
- Measuring Spoon
- Butter Knife
- Cutting Board
- Small Bowl

NUTRITION FACTS (PER SERVING)

Calories	190
Fat(g)	5.5
Saturated Fat (g)	0.5
Fiber (g)	2.0
Sugar (g)	9.0
Added Sugar (g)	0.0



ACTIVITY VIDEO

Balance Tag
Rockwall ISD

WELLNESS VIDEO

Freeze
Sanger ISD



Veggie Garden Bugs



Leander ISD - Rouse High School
Kylie Connally, Isa Arcos, Hansika Buyyani
(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

½ cup	Greek Yogurt (Non-Fat, Plain)
2 tsp	Ranch Dip Packet
3 each	Green Beans (Raw)
4 each	Baby Carrots (Raw, Medium)
1 each	Celery Stalk (Raw, Medium)
¼ each	Cucumber (Raw, Medium)

UTENSILS & EQUIPMENT

- Small Bowl
- Measuring Cup
- Measuring Spoon
- Spoon
- Cutting Board
- Butter Knife
- Serving Plate

NUTRITION FACTS (PER SERVING)

Calories	120
Fat(g)	0.0
Saturated Fat (g)	0.0
Fiber (g)	2.5
Sugar (g)	8.0
Added Sugar (g)	0.0

STEP-BY-STEP DIRECTIONS

1. In a small bowl, mix the Greek yogurt and ranch dip powder to make the dip.
2. Cut the baby carrots in half lengthwise. Trim the ends from the green beans, then slice one green bean into small rounds (you'll need 10 rounds for the eyes). Cut the celery into three pieces crosswise. Slice the cucumber into three round pieces.
3. Spread a small amount of ranch dressing into the groove of a celery piece, then place a cucumber slice upright in the dressing to form the snail's body. Place two green bean rounds near one end of the celery to create the eyes. Repeat to create a total of three snails.
4. For the dragonfly, place a green bean in a straight line. Arrange two carrot halves on each side to form the wings. Place two green bean rounds near one end of the green bean to create the eyes. Repeat to make a total of two dragonflies.
5. Serve remaining ranch on the side as a dip, and Enjoy!



ACTIVITY VIDEO

La Raspa
Dallas ISD

WELLNESS VIDEO

How to Deal with Stress
Sanger ISD

How to deal with
STRESS

Color Bundle



Northwest ISD - Byron Nelson High School

Ian Moon, Christopher Robinson, Cyrus Spradlin, Jeremiah Taylor, McKenna Williamson

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

¼ cup	Cottage Cheese (Low Fat, Small Curd)
½ tbsp	Ranch Seasoning
2 tbsp	Lime Juice
¼ cup	Celery (Raw, Chopped)
¼ cup	Yellow Bell Pepper (Raw, Cut Into Strips)
¼ cup	Cherry Tomatoes (Raw, Quartered)
1 each	Flour Tortilla (6 Inch)

STEP-BY-STEP DIRECTIONS

1. Under adult supervision, combine the cottage cheese, ranch seasoning, and lime juice in a blender. Blend until smooth, adding a small amount of water if you prefer a thinner consistency. Once fully blended, pour into a small bowl.
2. Chop the celery, slice the bell peppers into thin strips, and quarter the tomatoes.
3. Arrange the veggies and tortilla on a plate alongside the dip. Alternatively, spread the dip onto the tortilla, top it with celery, bell peppers, and cherry tomatoes, then fold it into a taco. Enjoy!

UTENSILS & EQUIPMENT

- Blender (USE WITH ADULT PERMISSION)
- Measuring Cups
- Measuring Spoon
- Butter Knife
- Cutting Board
- Small Bowl
- Serving Plate

NUTRITION FACTS (PER SERVING)

Calories	190
Fat(g)	3.5
Saturated Fat (g)	1.5
Fiber (g)	2.0
Sugar (g)	8.0
Added Sugar (g)	1.5



ACTIVITY VIDEO

Peppermint Twist
Sanger ISD

WELLNESS VIDEO

Benny The Explorer
Goose Creek ISD



A Shade of Mangoberry



Birdville ISD Center of Technology & Advanced Learning (BCTAL)

Celeste Ordonez & Kira Morrison

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

1/3 cup	Mango Chunks (Frozen)
1/4 cup	Yogurt (Low-Fat, Plain)
1/2 cup	Water (Two 1/4 cup portions)
2/3 cup	Ice (Two 1/3 cup portions)
1 each	Strawberries (Raw, Small)
2 each	Blueberries (Raw, Medium)
1/3 cup	Raspberries (Frozen)

STEP-BY-STEP DIRECTIONS

1. With adult supervision, add the mango, yogurt, 1/4 cup water, and 1/3 cup ice to a blender and blend on low until fully mixed
2. Pour the mango smoothie into a serving glass, scraping down the sides with a rubber spatula if needed. Let it thicken in the freezer for 6–7 minutes.
3. Using a butter knife, slice two round pieces off the strawberry and set them aside for later. Place the remaining strawberry in the blender. Then cut two blueberries in half and set them aside.
4. With adult supervision, add the raspberries, 1/4 cup of water, and 1/3 cup of ice to a blender. Blend on low until smooth.
5. Pour the berry smoothie on top of the mango smoothie.
6. Arrange the blueberries on top of the smoothie in a smile shape and use the two strawberry pieces for eyes.
7. Enjoy!

UTENSILS & EQUIPMENT

- Measuring Cups
- Blender (USE WITH ADULT PERMISSION)
- Serving Glass
- Rubber Spatula
- Freezer
- Butter Knife
- Cutting Board

NUTRITION FACTS (PER SERVING)

Calories	100
Fat(g)	1.5
Saturated Fat (g)	0.5
Fiber (g)	3.5
Sugar (g)	12
Added Sugar (g)	0.0

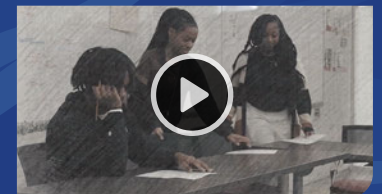


ACTIVITY VIDEO

Drumming into Fitness
Pasadena ISD

WELLNESS VIDEO

Kenyen's Behavior
Crowley ISD



Peach Dream



Rockwall ISD - Dr. Gene Burton College and Career Academy

Bryceson Cook, Abigail Rich

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 2 SERVINGS)

1 each	Peach (Raw, Medium)
½ cup	Strawberries (Raw, Diced)
¼ cup	Peach Greek Yogurt (Non-Fat, Zero Sugar, 5.3oz Cup)
3 tbsp	Whipped Topping
⅛ tsp	Kosher Salt
1 Sheet	Cinnamon Graham Cracker (1 sheet = 4 Individual Crackers)

UTENSILS & EQUIPMENT

- Measuring Cups
- Measuring Spoon
- Butter Knife
- Cutting Board
- Mixing Bowl
- Spoon
- 2 Serving Glasses

NUTRITION FACTS (PER SERVING)

Calories	120
Fat(g)	2.5
Saturated Fat (g)	1.0
Fiber (g)	2.0
Sugar (g)	12
Added Sugar (g)	2.5

STEP-BY-STEP DIRECTIONS

1. Using a butter knife, cut the peach and strawberries into bite-sized pieces and set them aside.
2. Add the yogurt and salt to a mixing bowl and mix until combined.
3. Fold the whipped topping into the yogurt mixture with a spoon, and set the mixture aside.
4. Using your hands, crush the graham cracker sheet into crumbs and set aside.
5. Divide the ingredients evenly between two glasses. Start by layering each glass with ⅙ of the crushed graham crackers, peaches, and strawberries, followed by ¼ of the yogurt.
6. Repeat Step 5 to create a second layer.
7. Evenly distribute the remaining graham crackers, peaches, and strawberries on top of each parfait.
8. Enjoy with a friend!



ACTIVITY VIDEO

This or That Challenge
Goose Creek ISD

WELLNESS VIDEO

The Blue Crayon
Sanger ISD



Mango Rainbow Bites



Weatherford ISD - Weatherford High School

Ethan Chambers, Kinzley Eakman, Emalee Meola, Jacqueline Mireles, Klint Mathews

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 1 SERVING)

2 tbsp	Greek Yogurt (Non-Fat, Plain)
1 tbsp	Lime Juice
6 each	Blueberries (Raw)
2 each	Strawberries (Raw, small)
¼ cup	Kiwi (Raw, Medium)
¼ cup	Mango (Raw, Sliced)
1 each	Whole Wheat Tortilla (8 Inch)

UTENSILS & EQUIPMENT

- Small Bowl
- Measuring Cup
- Measuring Spoon
- Spoon
- Cutting Board
- Butter Knife
- Serving Plate

NUTRITION FACTS (PER SERVING)

Calories	180
Fat(g)	2.0
Saturated Fat (g)	0.0
Fiber (g)	7.0
Sugar (g)	11
Added Sugar (g)	0.0

STEP-BY-STEP DIRECTIONS

1. Slice the mango, strawberries, and kiwi.
2. In a small bowl, mix together the yogurt and lime juice.
3. Spread the lime yogurt evenly over the tortilla.
4. Add the fruit slices and blueberries to the center of the tortilla.
5. Roll up the tortilla and slice into 1-inch rounds.
6. Enjoy!



ACTIVITY VIDEO

Disc Golf
Rockwall ISD

WELLNESS VIDEO

Respect Starts with Us
Sanger ISD



Berrylicious Toast



North East ISD - James Madison High School

Lucious Whidden, Dylan Mireles, Julia Solis, Aden Acconcia Munir, Aliana Herrera, Sebastian Ramirez

(Click or scan the QR code to watch the video)



INGREDIENTS (MAKES 2 SERVINGS)

2 slices	Whole Wheat Bread
¼ Cup	Cream Cheese (Fat-Free)
¼ cup	Greek Yogurt (Non-Fat, Zero Added Sugar, Vanilla)
¼ cup	Strawberries (Raw, Sliced)
¼ cup	Blueberries (Raw, Halved)
¼ cup	Raspberries (Raw, Halved)
1 each	Kiwi (Raw, Medium, Peeled)

STEP-BY-STEP DIRECTIONS

1. With adult supervision, place the bread slices in the toaster for about one minute.
2. Place the cream cheese in a microwave-safe bowl and heat it for 15-30 seconds to soften.
3. Remove the cream cheese from the microwave. Mix in the yogurt and stir until smooth.
4. Measure 1/4 cup each of blueberries and raspberries. Using a butter knife, cut 1/4 cup of strawberries and one kiwi into small pieces. Place the fruit into a small bowl.
5. Spread the cream cheese mixture evenly on each slice of toast.
6. Add the mixed fruit on top of the cream cheese.
7. Enjoy with a friend!

UTENSILS & EQUIPMENT

- Pop-up Toaster (USE WITH ADULT PERMISSION)
- Microwave (USE WITH ADULT PERMISSION)
- Microwave-Safe Bowl
- 2 Serving Plates
- Measuring Cup
- Small Bowl
- Cutting Board
- Butter Knife
- Spoon

NUTRITION FACTS (PER SERVING)

Calories	150
Fat(g)	1.0
Saturated Fat (g)	0.0
Fiber (g)	5.5
Sugar (g)	11
Added Sugar (g)	0.0



ACTIVITY VIDEO

Outside Workout
Community ISD

WELLNESS VIDEO

Feather
Goose Creek ISD



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American
Heart
Association.

GETTING TO THE
HEART OF STROKE™



Medical City Healthcare

Supported by the HCA Healthcare Foundation
Local sponsor of Getting to the Heart of Stroke

Use the letters **B-E-F-A-S-T** to spot
the sudden signs of stroke and
know when to call 911.

B

Balance
Loss

E

Eye (Vision)
Changes

F

Face
Drooping

A

Arm
Weakness

S

Speech
Difficulty

T

Time to
Call 911

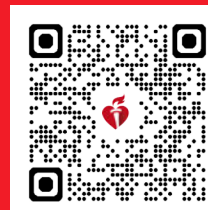
GETTING TO THE HEART OF STROKE™

Getting to the Heart of Stroke™ is a multifaceted initiative which aims to deepen collaboration between neurology, cardiology, and communities to improve heart health and beat stroke.

F.A.S.T. SONG



SPOT A STROKE



**BE A STROKE
HERO**



Girl Scouts builds the whole girl.

Girl Scouts is proud to offer the Mental Wellness Patch program for girls in grades 4-12. This program continues Girl Scouts' commitment to empowering girls to better understand their emotions and prioritize their mental wellness.

Developed in collaboration with the National Alliance on Mental Illness and made possible by the HCA Healthcare Foundation, it offers age-appropriate tools for girls to thrive.

**Join
Today!**

girlscouts.org



Special thanks to the
HCA Healthcare Foundation
for its support of
Girl Scouts.



girl scouts 

HCA  **Healthcare®**
FOUNDATION

 **Medical City Healthcare**
Supported by the HCA Healthcare Foundation

The Texas Rangers Baseball Foundation is proud to partner with Medical City Healthcare to educate students about healthy choices.



rangers.com/fitness

What is the 21-Day Snacking Challenge?

The 21-Day Snacking Challenge encourages the participant to make healthier snack choices for the next 21 days.

Every day, prepare and eat a snack that contains a fruit or veggie. Choose a recipe from this digital book, use our Healthy Snack Finder tool to search our database of over 600 recipes or make your own creation that contains 1/2 cup of fruit or vegetable. We encourage you and your family to participate together and share in the fun!

What is kids teaching kids®?

The *kids teaching kids*® Healthy Lifestyles program was created to help children and their parents build a lifetime of healthy habits through nutrition education and wellness activities. Each school year the program hosts the 21-Day Snacking Challenge. It engages high school Career and Technical Education (CTE) students to teach elementary school students healthier snacking habits while providing other wellness and activity education.

Why does a parent/guardian have to sign up a child?

You must be 18 years or older to fill out the form.

kids teaching kids® Healthy Lifestyles only communicates with adults through the email address you provide.

The information you give at registration is used to communicate to your school that your child has registered, to provide updates during the challenge, to compare your child's responses at sign-up to the final assessment questions and to ensure delivery of your child's reward.

How do I register to take the challenge?

Parents may register their child(ren) by visiting the website kids-teaching-kids.com. Click on "Sign-Up." Simply follow the directions to register.

If the ingredients in the book don't match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website called "Healthy Snack Finder." You can use the Healthy Snack Finder to search for snacks from our database of over 600 recipes that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for a healthy snack)

How do I take the final assessment?

Two weeks after the Challenge ends, the program will send you notification to go on your event portal and take the final assessment. You will receive separate communications for each child that you registered and you will fill out separate assessments for each child. The final assessment is required for your child to qualify for their reward.

What if I miss a day in the 21-Day Snacking Challenge?

It is OK to miss a day. Though, during the 21-Day Snacking Challenge, we would like for you to think ahead and plan your snack each day, even on weekends. Remember, you can make and enjoy your snack anytime of the day.

During the 21-Day Snacking Challenge, do I have to make EVERY snack from the book I have?

No. We understand there may be issues with food allergies, availability of ingredients, etc.

What are the guidelines for a Healthy Snack?

Below are the guidelines for your healthy snack.

Don't forget to check your portion size!

- 200 calories or less
- 15 g of sugar or less
- 7 g of fat or less
- Must contain a minimum of 1/2 cup fruit or vegetable per serving
- 2 g of saturated fat or less
- 2 g of fiber or more

Can parents and teachers sign up to take the challenge too?

No, the 21-Day Snacking Challenge sign-up and final assessment are only for students. We only give awards to elementary students enrolled in public schools. However, we encourage you to participate with your student(s). You may access the recipe book for free and use the Healthy Snack Finder as well.

Why did the program move from a paper book to a digital book?

In 2020, the program moved the recipe book to all digital as elementary students were becoming more accustomed to online education. This transition allowed the program to be more interactive and expand others areas of education important to students with Wellness and Activity videos.

What if I have questions about the 21-Day Snacking Challenge?

Contact your PE teacher or use the message icon in your event portal.

When the fun doesn't go as planned,
**WE'RE HERE
24/7**

When playtime takes an unexpected turn.

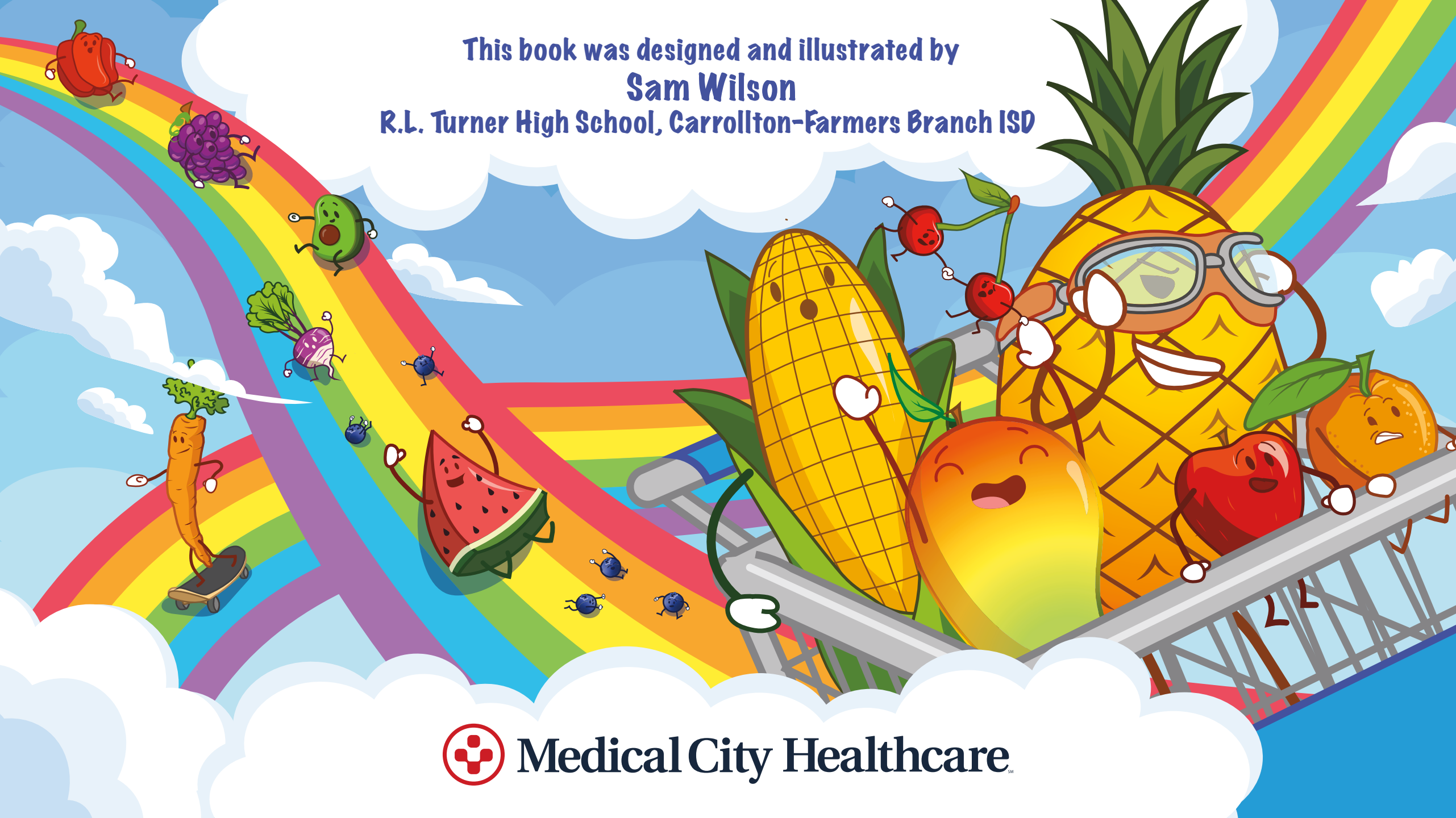
From bumps and bruises to sudden injuries, Medical City Healthcare emergency rooms are here 24/7 with care for your child when the unexpected happens.



Visit [MedicalCityHealthcare.com](https://www.MedicalCityHealthcare.com)
to find an ER near you or call 911
in an emergency.



This book was designed and illustrated by
Sam Wilson
R.L. Turner High School, Carrollton-Farmers Branch ISD



Medical City Healthcare