

Pointers for Healthy Snacking by Chef Jen, RDN/LDN, RYT-200

Transitioning to working from home and some of us, homeschooling at the same time, can lead to stress eating or mindless snacking. One of my Chef friends has coined the phrase “The Quarantine 15”. Boy, isn't he right, right?! Once we have settled in further, the stress and snacking may subside. However, I've written down some ideas to help you choose better snacks and meals vs reaching for processed and grab-and-go foods.

1. Right when you get home with groceries, wash off fruits and vegetables (where applicable.) Apples, pears, peaches, etc. These make for quick grabs. Keep them on the counter for easy access or strategically placed in the fridge. Grapes are another good go-to, however they can mold quickly if washed and not eaten within a day or two. I recommend washing 1 small bunch or bowl full for the day and leave it in the refrigerator. That way, someone can just reach in a grab a handful. Hint: Leave them on the stems because, they last longer. Like this:



Veggies: Bell peppers, cucumber, carrots, rinse, peel (as necessary) and slice into strips. These are great for dunking in hummus or a yogurt-based ranch dressing! Have these portioned out into baggies or reusable plasticware also.

2. Frugal hint: buy cheese by the block. Have some pre-sliced and portioned out in snack size plastic baggies or reusable plasticware. Cheese and fruit (especially grapes) make a wonderful snack!

3. Purchase nuts in bulk. Almonds and walnuts have the most beneficial nutrients (Vitamin E and Omega-3's) in them, but any nuts are a great source of protein and a quick snack. These also, should be enjoyed in moderation, so portion out these in baggies as well, if desired.

4. Buy the large container of nonfat plain Greek yogurt and make your own granola. This will save you money and extra sugar. Look for granola recipes that have minimal added sugar, like the one listed below. Yogurt Parfait— ½ cup yogurt, ¼ tsp vanilla extract (optional), sprinkle ground cinnamon (optional). Top yogurt with ¼ cup granola and chopped fresh fruit (optional).

It may take you some time to prep these items, but in the long run, it helps you to make a more healthful choice, saves you time and possibly the Q15 😊.

Bon Appetit!
~~ Chef Jen