



Snacking is Good for Children

Children need to refuel their bodies more than three times daily because they have smaller stomachs than adults.*

It's important that snacks be healthy and taste good, so that kids are excited to find snacks in their backpack or lunchbox or on the kitchen counter.

3rd, 4th & 5th grade students experience tasty and healthy snacks with the **Take a Taste with Spoons**, The Eat Fresh, Eat Local, Eat Healthy Program. The children learned about the elements of taste, made healthy snacks from locally grown, seasonal foods, sampled them and took a recipe home to share with their families.

Spoons Across America® is a grassroots 501 (c)(3) not-for-profit organization that mobilizes hundreds of teachers and food professionals to educate children, families and teachers about the benefits of healthy eating.

How can we make a difference? With your financial support, we can continue to expand our programming around the country to educate children about the importance and benefits of healthy eating.

By making a contribution of \$25, \$50, \$100 or more you can support our healthy eating programs. For a gift of \$100... Ten 5th graders will explore local seasonal foods and learn to make healthy snacks.

**CONTRIBUTE
TODAY!**

Thank you!

Julia V. Jordan, Founder
Spoons Across America



*: University of Wisconsin – Extension 2009

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Spoons Across America® is a not-for-profit 501(c)(3) organization dedicated to educating children, teachers, and families about the benefits of healthy eating. Through hands-on education programs, children learn about food – its connection to the land and seasons, and the importance of cooking together and sharing meals around the family table.

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