

kids teaching kids[®]
HEALTHY LIFESTYLES

RECIPE BOOK
2025-2026



Medical City Healthcare

Personalized
treatment plans
made

JUST

FOR

YOU.

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**Medical City
Healthcare**



Welcome to the 2025–26 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**



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

400,000+

students
signed up
since 2014

30+

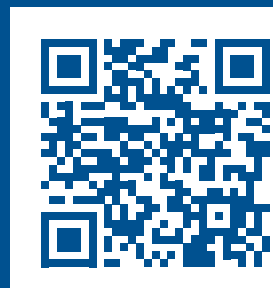
school districts
participating across
North Texas

68%

of participants
tried new fruits
or vegetables



kids teaching kids
HEALTHY LIFESTYLES



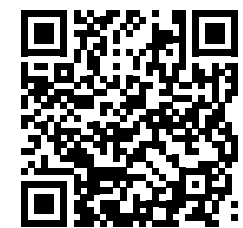
Scan the code to invest in a healthier North Texas today!

Peachy Peach Nachos

Dallas ISD - Emmett J Conrad
Micaela Rodriguez, Andrea Atonal, Roxana Millian (The Peach Girls)



Click or scan the QR code to see how it's made.



Ingredients

- ½ cup Peach Slices (Packed in 100% Fruit Juice), Drained
- ½ cup Greek Yogurt, Non-Fat, Zero Sugar, Vanilla
- ½ Tbsp Chocolate Chips, Sugar-Free
- ½ Tbsp Dried Cranberries, 50% Less Sugar
- ½ Tbsp Sliced Almonds
- 1 tsp Granola, Oats & Honey Flavor

Utensils/Equipment

- Can Opener (Use With Adult Permission)
- Colander
- Measuring Cup
- Serving Plate
- Resealable Plastic Bag
- Safety Scissors (Use With Adult Permission)
- Spoon
- Measuring Spoons



Step-by-Step Directions

1. With adult supervision, use a can opener to open the canned peach slices.
2. Using a colander, drain the juice from the canned peach slices. Measure out 1/2 cup of peaches.
3. Arrange the peach slices on a plate in a layered pattern, similar to how you would arrange chips for nachos.
4. With adult supervision, use safety scissors to cut a small corner of the resealable plastic bag to create an opening for drizzling.
5. Spoon the yogurt into a resealable plastic bag. Drizzle the yogurt in a circular motion, beginning at the center of the plate and working your way out to the edges.
6. Top with chocolate chips, cranberries, almonds, and granola.
7. Enjoy this delicious Peachy Peach Nachos treat!



Nutrition Facts

No. of Servings	1
Calories	180
Fat (g)	4.5
Saturated Fat (g)	1.5
Fiber (g)	4.0
Sugar (g)	14.0
Added Sugar (g)	2.0



Activity
Video

Choose your Challenge
Prosper ISD



Wellness
Video

Feather
Goose Creek ISD



Champions' Berry Crunch Delight

Northwest ISD - Byron Nelson High School

Harley Stauter, Katalina Rincon, Katelyn Anderson, Gavin Spaugh, Olivia Bixby



Click or scan the QR code to see how it's made.



Ingredients

- ½ each Apple, Raw, Small
- 3 each Strawberries, Raw, Small
- ¼ cup Raspberries, Raw
- ½ cup Greek Yogurt, Non-Fat, Zero Sugar, Vanilla
- 1 Tbsp Granola, Oats & Honey
- 1 pinch Cinnamon



Step-by-Step Directions

1. Using a butter knife, dice half of the apple into small pieces and place in a mixing bowl.
2. Dice the strawberries and slice the raspberries in half, then add them to the mixing bowl.
3. Spoon the yogurt into the mixing bowl and stir to combine it with the fruit.
4. Transfer the fruit and yogurt mixture to a serving bowl. Then, top with granola and a sprinkle of cinnamon.
5. Enjoy!

Utensils/Equipment

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

Nutrition Facts

No. of Servings	1
Calories	140
Fat (g)	1.5
Saturated Fat (g)	0.0
Fiber (g)	5.0
Sugar (g)	12.0
Added Sugar (g)	2.0



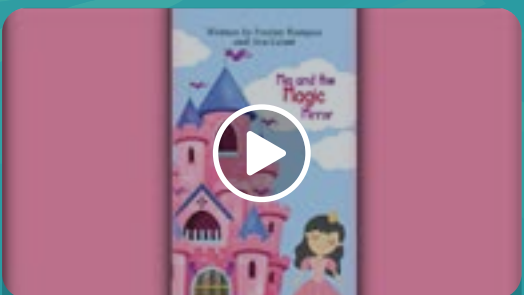
Activity Video

Dice Dice Baby
Plano ISD



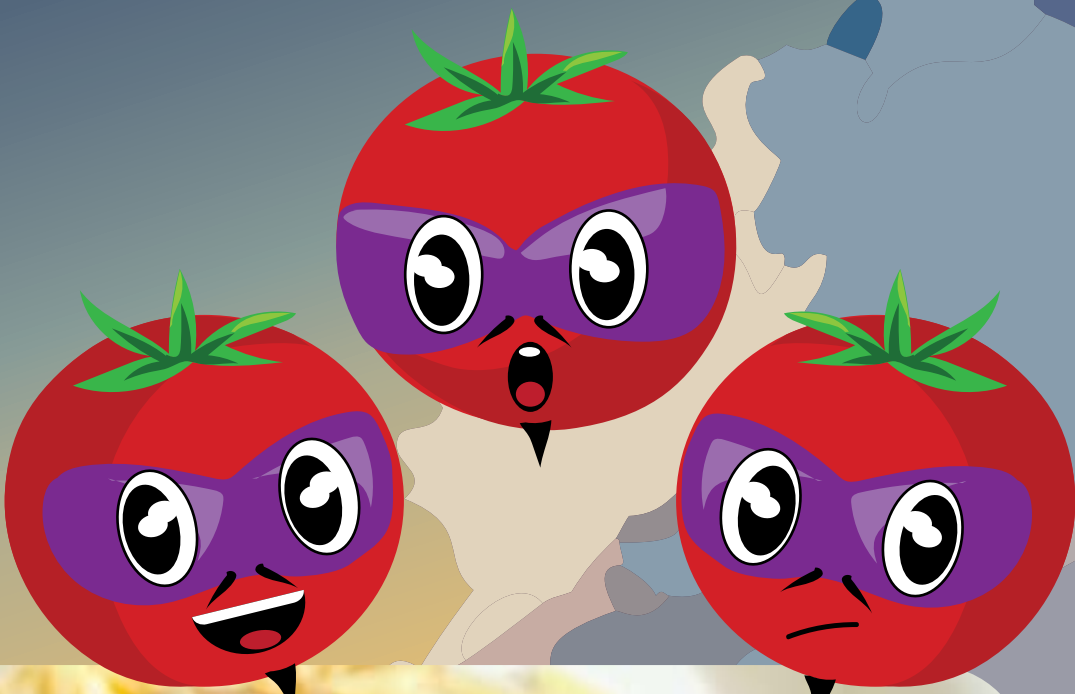
Wellness Video

Mia and the Magic Mirror
Sanger ISD



Pizza Pow

Rockwall ISD - Dr. Gene Burton College and Career Academy
Alizaye Herrera, Ryver Maggart



Click or scan the QR code to see how it's made.



Ingredients

- 1 each Flour Tortilla, Low-Carb, Street Taco Size
- ¼ cup Water Chestnuts, Canned, Drained, Diced
- ¼ cup Green Bell Pepper, Raw, Diced
- ¼ cup Pizza Sauce
- ¼ cup Spinach, Raw
- 4 slices Turkey Pepperoni
- ¼ cup Mozzarella Cheese, Fat-Free, Shredded
- 1 pinch Salt
- 1 pinch Black Pepper



Step-by-Step Directions

1. Place the tortilla on a microwave-safe plate and heat it for 30 seconds. Let it cool to become crispy. If it's still soft, heat for another 30 seconds and check again after cooling.
2. With an adult's permission, open the can of water chestnuts. Dice the water chestnuts and bell pepper into bite-sized pieces.
3. Use a spoon to spread pizza sauce on the cooled tortilla.
4. Next, top the tortilla with water chestnuts, bell pepper, spinach, pepperoni, and cheese.
5. Microwave the pizza for 45 seconds, or until the cheese is melted.
6. Remove from the microwave and season with a pinch of salt and pepper.
7. Cut into four pieces and enjoy!



Utensils/Equipment

- Microwave-Safe Plate
- Microwave
- Can Opener (**Use With Adult Permission**)
- Cutting Board
- Butter Knife
- Measuring Cup
- Spoon

Nutrition Facts

No. of Servings	1
Calories	140
Fat (g)	3.0
Saturated Fat (g)	0.0
Fiber (g)	9.0
Sugar (g)	3.0
Added Sugar (g)	0.0



Activity Video

Self Toss and Catch
Goose Creek ISD

KEYS TO CATCHING



Wellness Video

Grades
Weatherford ISD



Cluckster's Power Bowl

Arlington ISD - Dan Dipert Career and Technical Center
Kairi Aguirre, Isaac Baskin, Geoffrey Dobson

Ingredients

- ¼ cup Broccoli Florets, Frozen
- ¼ cup Corn, Frozen
- ¼ tsp Light Vegetable Oil Based Spread
- ⅓ cup Water
- ¼ cup Instant Mashed Potatoes, Unprepared
- 2 each Air Fried Chicken Nuggets, Frozen
- ⅛ cup Cheddar Cheese, Fat-Free, Shredded

Utensils/Equipment

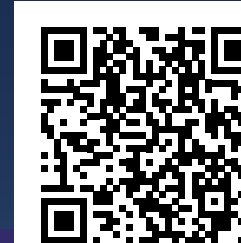
Measuring Cups
Microwave-Safe Bowl
Measuring Spoon
Microwave
Microwave-Safe Cup
Mixing Bowl
Spoon
Microwave-Safe Plate
2 Paper Towels
Cutting Board
Butter Knife
Serving Bowl

Nutrition Facts

No. of Servings	1
Calories	190
Fat (g)	2.0
Saturated Fat (g)	0.0
Fiber (g)	3.0
Sugar (g)	2.0
Added Sugar (g)	0.0



Click or scan the QR code to see how it's made.



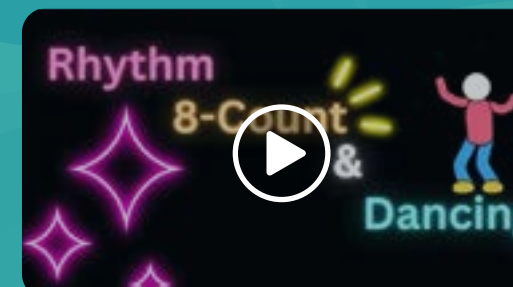
Step-by-Step Directions

1. Place the measured frozen broccoli and corn in a microwave-safe bowl, then top with the vegetable spread. Microwave for 1 minute, or until heated through.
2. Microwave the water in a microwave-safe cup for 1-2 minutes, or until it reaches a boiling point. Have an adult assist in removing the cup from the microwave, as the glass may be hot.
3. Add the potato flakes to a mixing bowl. With the help of an adult, gradually pour in the hot water while stirring until the potatoes reach the desired consistency.
4. Stir the corn and broccoli into the mashed potatoes until evenly combined.
5. Place 2 chicken nuggets on a paper towel-lined microwave-safe plate and cover with another paper towel. Microwave for 1 minute, then let cool.
6. On a cutting board, use a butter knife to slice each chicken nugget into 4 pieces.
7. Transfer the mashed potato and vegetable mixture into a serving bowl, then top with the chicken nugget pieces and sprinkle with 1/8 cup of cheese. Enjoy!



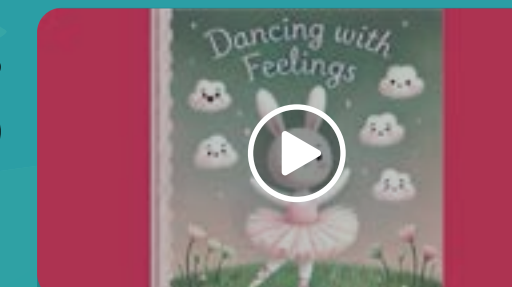
**Activity
Video**

Rhythm and Dancing
Frisco ISD



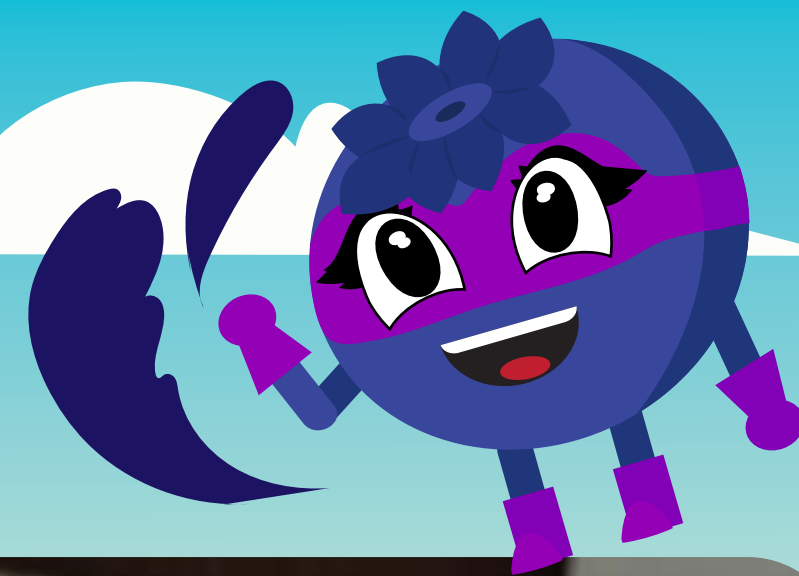
**Wellness
Video**

Dancing with Feelings
Sanger ISD



Berry Cloudy

Leander ISD - Leander High School
Emma McGarrah, Celia Defeild



Click or scan the QR code to see how it's made.

Ingredients

- 1 slice Whole Wheat Bread
- ¼ cup Strawberries, Raw
- ¼ cup Blueberries, Raw
- 2 Tbsp Greek Yogurt, Non-Fat, Plain
- 1 cracker Honey Graham Cracker (¼ of a sheet)
- ½ tsp Honey

Utensils/Equipment

- Pop-Up Toaster (Use With Adult Permission)
- Butter Knife
- Cutting Board
- Measuring Cup
- Microwave-Safe Bowl
- Microwave
- Fork
- Measuring Spoons
- Serving Plate



Nutrition Facts

No. of Servings	1
Calories	140
Fat (g)	1.5
Saturated Fat (g)	0.0
Fiber (g)	4.0
Sugar (g)	12.0
Added Sugar (g)	3.5

Step-by-Step Directions

1. With adult supervision, place a slice of bread in the toaster and toast for about 1 minute.
2. Use a butter knife to remove the leafy tops from the strawberries and slice into fourths.
3. Place the strawberries & blueberries in a microwave-safe bowl and microwave for 40 seconds.
4. Remove from the microwave and use a fork to mash the berries into a jam-like consistency.
5. Remove the toast from the toaster. Spread the Greek yogurt on the toast, then add the jam in a cloud-like shape on top.
6. Next, crush the graham cracker with a fork. Sprinkle it over the jam and drizzle with honey.
7. Enjoy!

**Activity Video**
Rolling Richardson ISD



**Wellness Video**
Little Lion Finds His Calm Sanger ISD



Waldorf Chicken Salad Cucumber Boats

Coppell ISD - Coppell High School

Annabella Perk, Lincoln Gardner, Weston Polk, Brodie Scoggins, Noah Toledo, Nathalie Petite,
Isheeta Bajjuri, Quade Dickert



Click or scan the QR code to see how it's made.



Ingredients

- ¾ cup Rotisserie Chicken, Breast Meat, No Skin, Diced or Shredded
- 2 Tbsp Celery, Raw, Diced
- 1 each Cucumber, Raw, Medium
- ¼ tsp Lemon Juice, Fresh Squeezed
- 2 Tbsp Red Apple, Raw, Diced
- 2 Tbsp Greek Yogurt, Non-Fat, Plain
- 1 pinch Salt
- 1 pinch Pepper

Utensils/Equipment

- Cutting Board
- Butter Knife
- Measuring Spoons
- Melon Baller
- Small Bowl
- Mixing Bowl
- Measuring Cup
- Spatula
- Refrigerator (optional)
- Spoon
- Serving Plate



Nutrition Facts

Calories	200
Fat (g)	3.5
Saturated Fat (g)	0.5
Fiber (g)	2.0
Sugar (g)	6.0
Added Sugar (g)	0.0



Step-by-Step Directions

1. Dice the chicken into small pieces using a butter knife or shred it with your hands.
2. Chop the celery into small, bite-sized pieces.
3. Lay the cucumber horizontally on a cutting board. Trim both ends and discard. Slice the cucumber diagonally into four or five even sections. Using a melon baller (or a spoon), scoop out some of the flesh from each section to create a hollow cup.
4. Cut the lemon in half and squeeze the juice into a small bowl.
5. Cut the apple into small cubes, similar in size to the celery.
6. In a mixing bowl, combine all measured ingredients. Stir everything together with a spatula until well combined.
7. For the best flavor, refrigerate the chicken salad mixture for about 30 minutes (optional).
8. Using a spoon, fill each cucumber boat with the chicken salad mixture and arrange them on a plate.
9. Enjoy!

 **Activity Video**
Muscular Strength
Frisco ISD



 **Wellness Video**
Empathy
Goose Creek ISD



Super Spider Nice Cream

Weatherford ISD - Weatherford High School

Micah Moore, Brendan Ballard, Daiton Kreipe, Caylin Thurman, Adrian Nuncio



Click or scan the QR code to see how it's made.



Ingredients

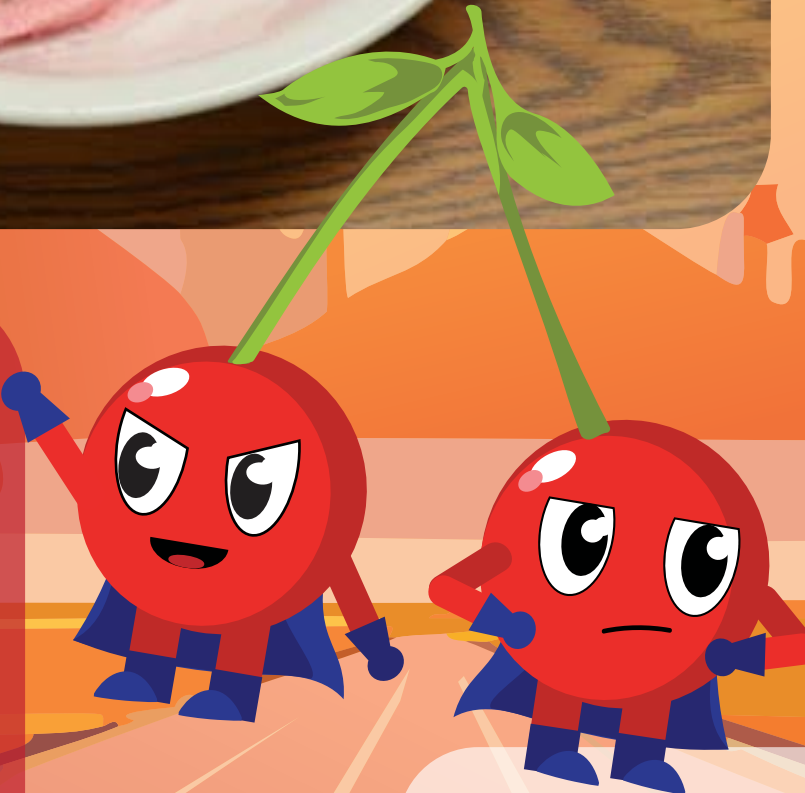
- ¾ cup Sliced Beets, Canned
- ¾ cup Strawberries, Raw, Sliced
- 1 each Banana, Medium
- 1 cup Half & Half, Fat-Free
- 1 Tbsp Lemon Juice
- 1 tsp Vanilla Extract
- ¼ cup Stevia
- 3 cups Ice
- ¼ cup Rock or Kosher Salt

Utensils/Equipment

- Can Opener (**Use With Adult Permission**)
- Colander
- Cutting Board
- Butter Knife
- Measuring Cups
- Mixing Bowl
- 2 Spoons
- Measuring Spoons
- Resealable Plastic Bag, Quart-Sized
- Freezer Bag, Gallon-Sized
- 1 Towel, Pair of Gloves, or Pair of Oven Mitts
- Serving Bowl

Nutrition Facts

No. of Servings	3
Calories	130
Fat (g)	0.0
Saturated Fat (g)	0.0
Fiber (g)	2.0
Sugar (g)	12.0
Added Sugar (g)	0.0



Step-by-Step Directions

1. With adult supervision, use a can opener to open the can of sliced beets.
2. Rinse the strawberries, remove the leafy tops, and slice them.
3. Place the beets, sliced strawberries, and banana in a mixing bowl, then mash them together with a spoon.
4. Once everything is mashed, add in the half-and-half, lemon juice, vanilla extract, and Stevia, then stir to combine.
5. Pour the mixture from the mixing bowl into a quart-sized resealable plastic bag and seal it.
6. Next, fill a gallon-sized freezer bag halfway with ice and rock salt or kosher salt.
7. Place the quart-sized bag inside the gallon-sized bag and seal it.
8. Use a towel, gloves, or oven mitts to protect your hands while shaking the bag for 15 minutes.
9. Once the ice cream has thickened, remove the quart-sized bag, scoop out a serving (about 1/3 of the recipe) into a bowl, and enjoy!



**Activity
Video**

Throw and Catch
Goose Creek ISD



**Wellness
Video**

Our Emotions
Sanger ISD



Superhero Power Poppers

Fort Worth ISD - North Side High School
Sarai Faison, Jocelyn Ibarra, Judith Garcia, Kayli Gomez, Viridiana Flores



Click or scan the QR code to see how it's made.

Ingredients

- 1 cup Hash Browns, Frozen, Shredded
- 2 cups Spinach, Frozen, Chopped, Defrosted & Drained
- 2 Tbsp Cream Cheese, Fat-Free
- ¼ cup Cheddar Cheese, Reduced-Fat, Shredded
- 2 tsp Flour, All Purpose
- ¼ tsp Garlic Powder
- ½ tsp Onion Powder
- 9 each Tortilla Chips, Crushed
- ½ tsp Tajín

Utensils/Equipment

- Measuring Cups
- Measuring Spoons
- Microwave-Safe Mixing Bowl
- Fork
- Microwave
- Scoop
- Serving Plate



Nutrition Facts

No. of Servings	3
Calories	140
Fat (g)	4.5
Saturated Fat (g)	1.5
Fiber (g)	3.0
Sugar (g)	0.0
Added Sugar (g)	0.0

Step-by-Step Directions

1. Place all ingredients into a microwave-safe mixing bowl, except for the tortilla chips and Tajín.
2. Stir and mash the ingredients with a fork until fully combined, then microwave on high for 2 & 1/2 minutes.
3. Remove the bowl from the microwave and stir to ensure the cheese has melted. Then, let it sit for 5-10 minutes to cool slightly.
4. While the mixture is cooling, place the crushed tortilla chips on a plate.
5. Once the mixture has cooled, divide it into 9 portions. Sprinkle each portion with Tajín, then roll them in crushed tortilla chips until fully coated.
6. Enjoy!



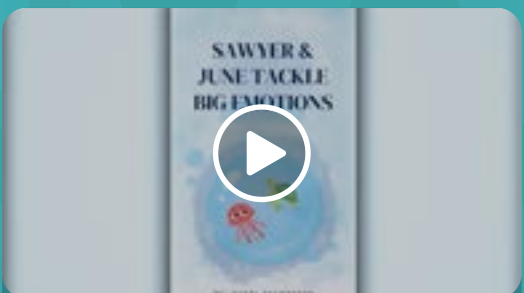
Activity Video

Superhero Switch
Rockwall ISD



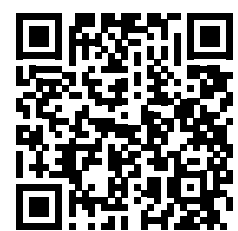
Wellness Video

Blue Simple Children Book
Sanger ISD



Sweet and Salty Ladybug

Allen ISD - Allen High School
by Sarina Bands, Ava Tipton



Click or scan the QR code to see how it's made.

Ingredients

- 1 each Rice Cake, Lightly Salted
- ½ Tbsp Peanut Butter, Creamy
- ½ Tbsp Hummus, Roasted Red Pepper
- 1.5 each Red Grapes, Raw
- 1.5 each Cherry Tomatoes, Raw
- ¼ cup Apple, Raw, Cubed
- ¼ cup Red Bell Pepper, Raw Cubed

Utensils/Equipment

- Serving Plate
- Measuring Spoon
- 2 Spoons
- Cutting Board
- Butter Knife
- Measuring Cup

Nutrition Facts

No. of Servings	1
Calories	140
Fat (g)	5.0
Saturated Fat (g)	1.0
Fiber (g)	3.0
Sugar (g)	7.0
Added Sugar (g)	0.0



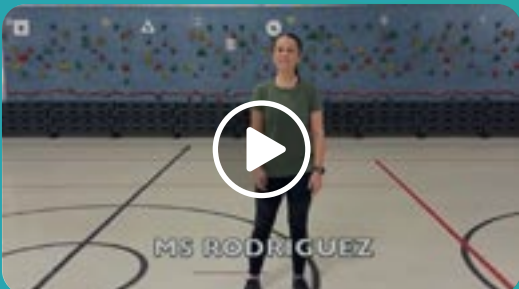
Step-by-Step Directions

1. Place the rice cake on a plate. Use one spoon to spread peanut butter on one half and a separate spoon to spread hummus on the other half. Make sure to leave a small gap between the two spreads to keep them from touching.
2. Cut two grapes in half vertically to create 4 pieces. Arrange 3 of the grape halves on the peanut butter side, positioning them to resemble the spots on a ladybug's wings.
3. Repeat step 2 with the tomatoes, but arrange them on the hummus side.
4. Cut the apple into small cubes. Place 1/4 cup of the chopped apple (skin side up) in the spaces between the grapes on the peanut butter side.
5. Cut the red bell pepper into small cubes. Place 1/4 cup of the chopped bell pepper in the spaces between the tomatoes on the hummus side.
6. Enjoy!



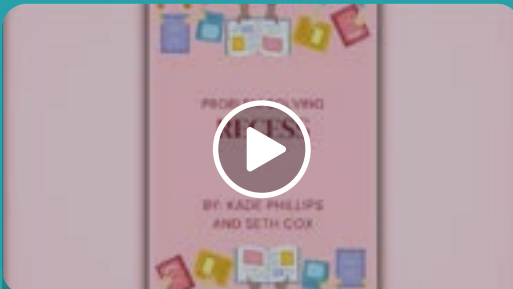
Activity Video

Up and Down
Richardson ISD



Wellness Video

Problem Solving Recess
Sanger ISD



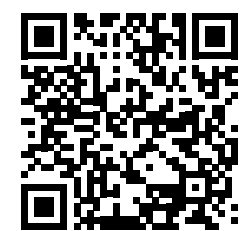
The Incredible Sorbet

Denton ISD - Lagrone Academy

Mia Williams, Michael Dudek, Leo Hurd, Briana Mireles



Click or scan the QR code to see how it's made.



Ingredients

- 4 each Kiwi, Raw, Medium
- 2 cups Strawberries, Raw
- 1 tsp Lime Juice, Fresh Squeezed
- ¾ tsp Honey
- ¼ cup Water

Utensils/Equipment

- Cutting Board
- Butter Knife
- Spoon
- Measuring Cups
- Measuring Spoons
- Blender **(Use With Adult Permission)**
- Mixing Bowl
- Freezer
- Scoop
- Serving Bowl



Nutrition Facts

No. of Servings	4
Calories	70
Fat (g)	0.5
Saturated Fat (g)	0.0
Fiber (g)	4.0
Sugar (g)	11.0
Added Sugar (g)	1.0

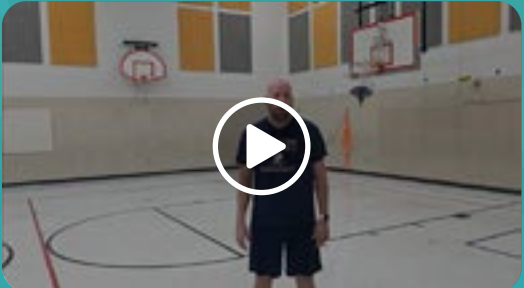
Step-by-Step Directions

1. Cut the ends off each kiwi, then slice them in half. Gently slide a spoon around the inside to remove the skin. Once peeled, dice the kiwis and set them aside.
2. Remove the leafy tops from the strawberries and set them aside.
3. With adult permission, add the fruit, lime juice, honey, and water to a blender and blend until smooth.
4. Pour the mixture into a mixing bowl and freeze for at least 1 hour.
5. Once the mixture is frozen, scoop a serving into a bowl and enjoy!



Activity Video

Self Tossing
Frisco ISD



Wellness Video

Honesty is the Best Policy
Sanger ISD





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



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.



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



**Join
Today!**
girlscouts.org





MILK IS THE HERO

IN SO MANY FOODS.

CHEESE, COTTAGE CHEESE,
YOGURT AND BUTTER ARE ALL
MADE FROM MILK.



Make Mac
and Cheese
Casserole
Cups >>



Make Parfait
Pizza >>



Make Tres
Leches
Cake >>



Make Crispy
Venezuelan
Cheese
Sticks >>

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



FOUNDATION
A Heart for Kids



rangers.com/fitness



kids teaching kids®

HEALTHY LIFESTYLES

FAQ

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.

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.

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.

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

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

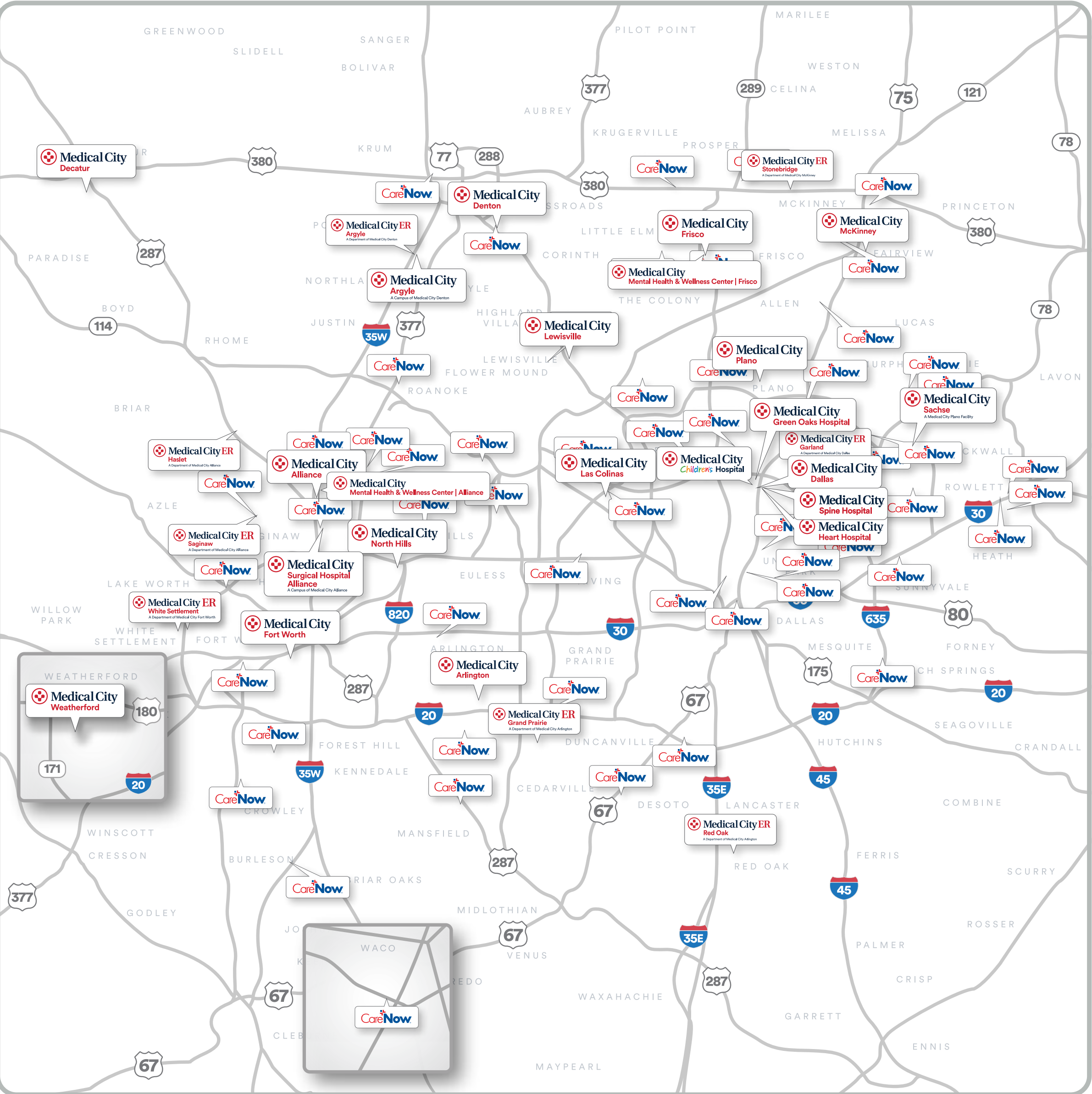
No, the 21-Day Snacking Challenge sign-up and final assessment are only for students. We only give awards to elementary students enrolled in public schools. However, we encourage you to participate with your student(s). You may access the recipe book for free and use the Healthy Snack Finder as well.

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.



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