

Part I - What are my Snack Choices?

Every day, you make choices about what you eat. What snack options do you have? Assess your environment — at school, home, and any other place you usually eat. Write down the healthy foods you find to snack on. As you do, list each option under its food group. Check out www.choosemyplate.gov for more information on food groups!

		Vegetables	Fruits	Grains	Protein	Dairy	Healthy Beverages	Combination Foods
School	Cafeteria							
	Vending Machine							
	School Store							
	Other							
Home	Refrigerator							
	Freezer							
	Cabinet/ Pantry							
Other Places	Convenience Store							
	Fast Food							
	Other							

Part II - What are my Snack Choices?

Now that you know what your snack options are, these may - or may not - be all the food choices you need. This is your chance to put a plan in place to expand your food world and to get the food group snacks you want or need.

Consider Your Options. Of all the options you have now, what snacks would you choose today or tomorrow? Write down your choices and why they are best for you.

Choice	Why?

Plan for Change: What would be easy to change? What would be hard to change?

	At Home	At School	Other Places
Easy			
Hard			
Impossible			

Find **Partners for Change** who can help you.

At Home	At School	Other Places

Make a Difference:

Share your plan of action with your family, friends, teachers and others who can help you.