



Students Now Advocating to Create (snacking) Zones

## IS Your snack a Smart Snack?

Use the QR code below to find the Smart Snacks Product Calculator, developed by the Alliance for a Healthier Generation, to take the guesswork out of nutrition guidelines! Simply enter the product information, answer a few questions, and determine whether your snack, side or entree item meets the new USDA Smart Snacks in School Guidelines.



# NEWS WINTER 2016

**COVE “SUPER SNACZ” CLUB PROMOTES HEALTHY SNACK FOODS** —The Cove Snacz 4-H club has been busy working closely with Dollar’s Corner store owner’s Jordan and Kelly Hackwith to keep the “Leopard SNACZ” zone stocked with items that meet the Smart Snacks criteria.

Be watching for a new contest the Cove SNACZ club will be launching in January. For each snack purchased from the SNACZ Zone in Dollars Corner, a ticket with the purchasers name will be entered into a drawing. After 100 entries are received, a name will be drawn for the prize—a FITBIT!

**BADGER SNACZ CLUB PARTNERS WITH LIFE SKILLS CLASS** —Members of SNACZ 4-H at North Powder school have been working with students in the life skills class to identify snack foods that meet the USDA Smart Snack criteria. They have been using the Smart Snack calculator and held a taste test event with the life skills class to learn which Smart Snacks are most appealing. In addition, the life skills class is developing a food cart. They will begin selling snacks after lunch to students and staff.

The SNACZ 4-H members also visited C & J’s Country Store to inventory items sold in the Badger SNACZ zone. They are hoping to increase the variety in the near future.

## Are You Considering a New Year’s Resolution?



Each January about one in three people in the United States make a resolution to improve themselves in some way. One study found that 75% of people stick to their resolution for at least one week, but that six months later only 46% are still working toward their goal.

To help you keep on track, use the coupon on the back of this newsletter and visit the healthy SNACZ Zone in your community. Be watching for contests and promotions (like the upcoming contest in Cove) for healthier food and beverage options at your local market.

**ELGIN SNACZ CLUB TEAMS-UP WITH CLT**—The Elgin SNACZ 4-H club has been working with both Food Town and Elgin Corner Market to increase the variety of healthier snack food and beverage items in the Husky SNACZ Zone. Using the Smart Snack calculator, students are assessing items to find out if they meet the Smart Snack Guidelines. The club is also working with the Elgin Community Leadership Team (CLT) to market healthy and fresh ‘Grab-n-Go’ foods. The SNACZ 4-H club members are working on designs for a logo to label these items and will hold a contest to choose the winning design. Elgin school students will have a chance to vote on the submitted designs .

**Be watching for the new label in 2017!**



# Buy 1, Get 1 FREE

Purchase a snack or beverage up to \$2.00 in value from the SNACZ Zone and choose another snack of equal or lesser value for FREE

## SNACZ Zones are located at:

- ❁ Dollar's Corner—Cove
- ❁ Elgin Corner Market
- ❁ Elgin Food Town
- ❁ Summerville Store
- ❁ Union Market
- ❁ C & J's Country Store—North Powder

For more information contact: David Melville, SNACZ Coordinator at 541-963-1010



*Coupon must be redeemed by December 31st, 2016*

## Want to try healthier options for holiday snacking?

<https://www.foodhero.org>



## Chunky Black Bean Dip

### Ingredients

- \* 1 can (15 ounces) black beans, rinsed, drained
- \* 1 small onion, diced
- \* 1 small bell pepper, diced
- \* 1 medium tomato, diced
- \* 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- \* 1 teaspoon cumin
- \* 1 teaspoon chili powder
- \* 1 Tablespoon apple cider vinegar

### Directions

For a smooth dip, place ingredients in a food processor or blender and process until smooth OR For a chunky dip, mash beans well with a fork or potato masher, stir in remaining ingredients. Add additional liquid as needed for desired consistency. Add salt and pepper to taste.

Refrigerate leftovers within 2 hours.

### Notes

Serve with fresh vegetables or Food Hero Baked Tortilla Chips.

## Nutrition Facts

Serving Size 2 tablespoons (33g)  
Servings Per Container 24

Amount Per Serving

**Calories 15**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 3g**      **1%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 1g**

Vitamin A 2%      •      Vitamin C 10%

Calcium 0%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

