



First graders at Stewart Elementary learned how sugars hide in food & beverages through the Pick a Better Snack Program offered by the Washington County Extension. This program is designed to motivate children to eat more fruits & vegetables in meals/ snacks and to be more physically active. Each week Amy Green, 4-H/youth coordinator, visits Stewart Elementary first grade classrooms to talk about healthy snacks, making healthy choices and students get to sample a particular fruit/ vegetable of the day. Recently, students learned that a healthy daily meal plan can include 8 tsp (32 grams) of sugar. They discussed how sugars can often hide in drinks/ snacks. They also counted/ measured the correct number of sugar cubes hidden in several different beverages. Students from Tracy Strabala's class show some of the hidden sugar results: Aubrey displays that water= no sugar; Luke shows a fruit squeeze= 2.25 tsp of sugar; Isabella holds apple juice= 8 tsp sugar; Justice shows Mt. Dew= over 19 tsp of sugar in a 20 oz bottle (that is over 2x the suggested amt of sugar for one day). The Pick a Better Snack program is supported by a grant from the Washington County Riverboat Foundation, Fareway, Noon Kiwanis, and Optimists. If you have any questions about the Pick a Better Snack program or would like to volunteer, please call the Washington County Extension Office at 319-653-4811.