

# Sensory Snack Experience

Different types of snacks provide unique sensory input that can support wellness across multiple dimensions. This includes focus, emotional regulation, and social connection. Choosing the right snack can help in moments of stress or when you want to refocus!

## Spicy & Strong

### MENTAL STIMULATION

- **Spicy and strong** flavors engage taste buds which **increases alertness**.
- **Spicy foods** can also increase heart rate and circulation promoting energy and wakefulness
- Supports intellectual and social wellness and mental engagement by sparking conversation about spices/flavors from different cultures.

*Ex: ginger chews, dark chocolate, wasabi peas, red hot candies, cinnamon*

## Sucking

### REGULATION & RELAXATION

- **Sucking** engages oral muscles. **This provides a grounding effect, helping with focus and self-regulation.**
- Can be used for mindful eating and **bring attention to the present moment.**

*Ex: peppermints, hard candies, vitamin c suckers*

## Smooth & Creamy

### CALM & COMFORT

- **Smooth and creamy** textures can help with **relaxation**.
- The predictable and smooth texture **promotes a sense of calm.**

*Ex: yogurt, hummus, smoothies, nut butters*

## Sweet

### PLEASURE & CONNECTION

- **Sweet treats** stimulate dopamine ("feel good" neurotransmitter). This provides **pleasure or happiness**.
- Sharing **sweets** can help encourage social connection and bonding.

*Ex: cherries, bananas, candy, cookies, cakes*

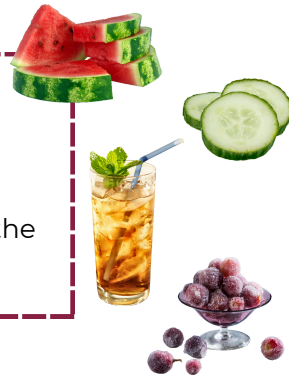


## Cooling & Hydrating

### REFRESH & REJUVENATE

- **Cooling and hydrating** snacks promotes **wakefulness**.
- **Hydrating** snacks supports your physical and environmental wellness by keeping the body hydrated.

*Ex: watermelon, cucumber, frozen grapes, mint tea*



## Chewy

### MINDFULNESS & STRESS REDUCTION

- **Chewing** can help with **grounding, focus and emotion regulation**. It can also **promote self-regulation** for those who seek motor engagement.
- Chewing engages the jaw muscles and is known to reduce stress hormone (cortisol) levels. **This supports stress relief and focus.**

*Ex: tootsie rolls, licorice, gum, jerky, dried fruit*

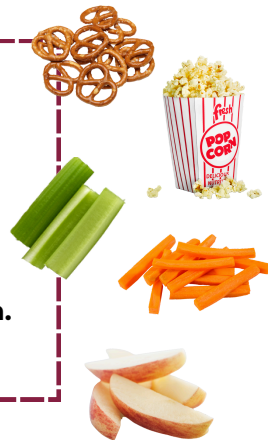


## Crunchy & Salty

### FOCUS & ENERGY BOOST

- **Crunchy** textures provide tactile, auditory, & proprioceptive (*the body's ability to sense own position and movement*) input. **This increases alertness and focus.**
  - The loud **crunch** encourages being present while eating, **enhancing mindfulness.**
- **Salt** can help restore electrolyte balance. **This supports hydration and physical function.**

*Ex: carrots, apple slices, celery, roasted chickpeas, crackers, pretzels, popcorn*



## Sour

### WAKEFULNESS

- **Sharp, tart** flavors can wake up our senses, **increasing energy and alertness and decreasing sluggishness.**
- **Sour snacks** may help with **memory and cognitive engagement**. Intense sensory input can sharp focus.

*Ex: lemonheads, sour patch kids, tamarind, grapefruit*

