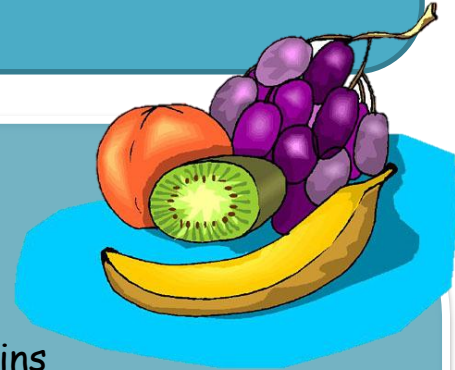


Smart Snacks for School

Healthy snacks give kids energy and nutrients between meals. The best snacks are the ones that combine a fruit or vegetable with some protein to keep kids feeling full. Here are some ideas for healthy snacks that are easy and fun to make. Your children might even enjoy helping!



- ◆ Cheese and crackers
- ◆ Ants on a Log: celery sticks with peanut butter and raisins
- ◆ Banana split: top a banana with low-fat strawberry yogurt and sprinkle with granola
- ◆ Spread peanut butter on apple slices
- ◆ Snack kabobs: put cubes of low-fat cheese and grapes on pretzel sticks
- ◆ Nuts 'n Bolts: combine cheerios, dried fruit and nuts in a bag for a quick snack on the go
- ◆ Veggies with dip + cheese cubes
- ◆ 1 slice of whole grain bread with peanut butter + jelly
- ◆ Turkey & cheese roll-ups

