



HEALTHY AFTER-SCHOOL SNACKS FOR KIDS



Now that the kids are back in school have you noticed that they have a case of the “after-school” munchies? Try these healthy, no-cook snacks. They are easy and fun to make and require little or no adult supervision depending on the age of your child.

Snack Kabobs: Cut raw vegetables or fruit into chunks. Skewer them onto thin pretzel sticks. (Note: To prevent discoloration, dip apples, bananas, or pears in orange juice after they are cut.)

Veggies with Dip: Cut celery, zucchini, cucumbers or carrots into sticks or coin shapes. Then dip them into prepared salsa or low-fat dip.

Banana Pops: Peel a banana. Dip it into yogurt, then roll it in crushed breakfast cereal, and freeze.

Fruit Shake-Ups: Put ½ cup low-fat fruit yogurt and ½ cup cold fruit juice in a not-breakable, covered container. Make sure the lid is tight. Then shake it up and pour into a cup.

Pudding Shakes: Use the same technique for making fruit shake-ups, but instead mix ½ cup cold milk with 3 tablespoons of instant pudding.

Sandwich Cut-Outs: Using cookie cutters with fun shapes, like stars, hearts, dinosaurs, and teddy bears, cut slices of cheese, meat, and whole-grain bread. Then put them together to make fun sandwiches. Eat the edges too!

Peanut Butter Balls: Mix peanut butter and bran or corn flakes in a bowl. Shape them into balls with clean hands. Then roll them in crushed graham crackers.

Ice Cream-Wiches: Put a small scoop of ice cream or frozen yogurt between two oatmeal cookies or frozen waffles. Make a batch of these sandwiches ahead of time and freeze them.

Ants on a Log: Fill celery with peanut butter or cream cheese. Arrange raisins along the top.

PBJ Crackers: Spread peanut butter and any flavor of jelly on reduced-salt crackers.

Fruit Juice Popsicles: Pour any kind of fruit juice into Popsicle molds or ice-cube trays. Place toothpicks for handles and freeze.