



Healthy After-School Snacks

Snacks can help children receive the nutrients their bodies need to grow and maintain a healthy body weight. A little planning can ensure your kids eat healthy snacks after school. Consider these ideas before your next trip to the grocery store:

- Store sliced veggies in the fridge such as carrots and peppers. Serve them with hummus or low-fat salad dressing.
- Top a whole-wheat English muffin with spaghetti sauce, veggies, and melted low-fat mozzarella cheese.
- A piece of fresh fruit with a glass of skim or 1% milk.
- Low-fat yogurt or individually wrapped string cheese.
- For older kids, make homemade trail mix and place in a snack-size bag. Mix dried fruit, unsalted nuts, and popcorn (avoid buttered popcorn).

The key is to keep healthier foods available to avoid high-fat and high-sugar snacks such as cookies, cake, and candy.