



October Parents' Corner

SNACK SMARTS

Hello again from the folks at Revolution Foods! This month's nutrition spotlight is about health snacking. Sometimes, your child is so busy with school, homework, and playing sports, that they may be tempted to reach for candy bars, potato chips or sodas to satiate their appetite. However, if they snack on nutritious food, they can keep their momentum and energy throughout the day! Some nutritious snacks recommended by www.kidshealth.org are listed below that you or your child can make to eat or take with them on the go. Try them out and let us know what you think!

- **Ants on a log** — Spread peanut butter on celery sticks and top with raisins.
- **Banana ice** — Peel several very ripe bananas, break them into 1-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.
- **Mini pizzas** — Spoon pizza sauce onto half a bagel, English muffin, or mini pita. Top with low-fat mozzarella cheese and your favorite veggies and toast or bake at a low setting until the cheese is melted and the bagel is crispy.
- **Healthy ice pops** — Freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays.
- **Low-fat pita and hummus** — Warm a pita in the oven on low, then cut it into small triangles. Dip it in a tasty, low-fat hummus. Hummus is available in yummy flavors like garlic and spicy red pepper.
- **Happy trails mix** — Combine 1 cup whole-grain toasted oat cereal with 1/4 cup chopped walnuts and 1/4 cup dried cranberries for a healthy trail mix.