

# Snacks For Kids

Snack times can be very stressful for moms. Many times it is much easier to just hand over a bag of potato chips than actually plan out a healthy snack. Provided are some hits and suggestions that can make snack time less stressful.

Young children can sometimes require a more planned approach to snack time. Make the time fun for you and your children. Purchase inexpensive cookie cutters in the shapes of animals and serve a 'zoo' of their favorite sandwich. Slice bananas in half horizontally. Cover with peanut butter. Sprinkle with raisins and you have the perfect 'ants-on-a-log' to enjoy.

For children who have free-range of the refrigerator, make sure it is packed with healthy alternatives. Keep yogurt and pudding along with fresh fruit at eye-level and in front so that it is the first thing they see. Store chips, sodas and candy out of sight. Instead, have a fruit bowl on the counter for easy access.

For older kids, microwave popcorn is a great option. Don't buy the extra movie butter popcorn. If they want more flavor added to their popcorn, encourage them to add hot pepper flakes or garlic powder instead of salt or extra butter. Salsa and baked tortilla chips can make a great snack as well. For someone with a sweet tooth, low-fat frozen yogurt topped with cocoa powder can help relieve hunger pains.

Yes, snack time can be stressful. Yet with a little planning and know-how, you can have healthy, fun snacks for your kids to enjoy.

