

After-School Fuel

When the kids come home from school hungry, make sure to have a nutritious snack available for them to enjoy. When planning an after-school snack, think of foods that are high in nutrients and low in sugar and fat. Including a protein will help them feel satisfied longer. Planning and preparing ahead is the key for success.

Here are some ideas:

- *Peanut Butter on Whole Wheat Bread*
- *Apple with almonds*
- *Orange with string cheese*
- *Tortilla shell and cheese or beans*
- *Tuna or chicken on lettuce*
- *Hardboiled egg and grapes*
- *Cheese and crackers*
- *Greek yogurt with berries*
- *Cottage cheese and tomatoes*