

# Children's Health

## After-School Snacks Add Nutrition to Kids' Diets

(NAPSA)—Because children's lunches may go uneaten or may be traded away, many parents use delicious, high-energy afternoon snacks to supplement their children's diets.

The key is to keep it simple and plan ahead for those inevitable afternoon lows.

Finger foods are always a hit with kids and snacks lend themselves to casual eating. A snack mix the kids help stir up the night before and pour in paper bags they decorate themselves is a fun way to get them involved in smart snacking.

Make-ahead foods that are ready when the kids arrive home are easy on parents, too. Try spreading a tortilla with cream cheese, cinnamon and raisins, roll up and cut into bite-sized rolls. Present the spirals in paper cupcake holders to add the element of fun.

To make an edible "wizard's wand" spread the top half of a large pretzel rod or bread stick with peanut butter, then roll in zante currants or raisins. Fill graham crackers with peanut butter and dried apples for a cracker sandwich, or thread fruit and cheese onto kabob skewers.

Here are two simple snacks that can be made ahead and are real kid pleasers. For more ideas check out [www.sunmaid.com](http://www.sunmaid.com).

### Honey Bee Treats

- ½ cup peanut butter
- ½ cup honey
- 1 cup non-fat dry milk
- 1 cup Sun-Maid Natural Raisins



**Kids can easily help create a nutritious after-school snack that's fun to eat.**

**Blend all ingredients, mix well. Shape into a log and slice treats.**

**Store in airtight container.**

### Everything But The Kitchen Sink Mix

- ½ cup candy coated chocolate pieces
- 1 cup Sun-Maid Natural Raisins, or Golden Raisins
- 1 cup dry roasted peanuts
- 1 cup oat cereal rounds or low-fat popcorn
- 1 cup miniature marshmallows

**In large self-sealing plastic bag, place first three ingredients. Seal bag and gently rotate mix together. Pour in cereal or popcorn and marshmallows. Makes 5 cups, 8 to 10 servings.**