

# Family Nutrition On The Go: Five Easy Tips

(NAPSA)—Busy family schedules can force healthy eating to take a backseat.

“Even the healthiest families have a tendency to give in to fast, unhealthy foods because of the convenience factor,” says mom and registered dietitian Tammi Hancock.

Pairing convenience with nutrition and great taste is possible. Here are five tips to help:

**1. Plan.** Plan family meals before heading to the grocery store. That way, you’ll be less likely to revert to grabbing frozen pizza or hitting the drive-through.

**2. Have a Plan B.** Double a favorite recipe and freeze half for those nights when nothing goes according to plan.

**3. Make the healthier choice.** When you’re hitting the vending machine for yourself or a hungry child at the game or activity, opt for a healthier option such as sunflower seeds, nuts or baked chips.

**4. Keep the fresh stuff around for grab-’n-go.** Have fresh fruit on hand and cut up veggies so they’re ready to dip in dressing or toss in a lunch bag.

**5. Make your own.** Make your own healthier snacks, such as the Easy Energy Bars below. These double as a nutritious and tasty on-the-go breakfast or after-school snack:

## Easy Energy Bars

*Prep time: about 10 min.*

- $\frac{1}{2}$  cup nonfat dry milk powder
- 1 tablespoon Smart Balance® Milk
- $\frac{1}{2}$  cup Smart Balance® Rich Roast Peanut Butter (creamy or chunky)
- $\frac{1}{2}$  cups minimarshmallows
- 1 tablespoon Smart Balance® Buttery Spread Original
- 2 cups high-protein, multi-grain cluster cereal, crushed
- $\frac{1}{4}$  cup dried blueberries
- $\frac{1}{4}$  cup dark chocolate chips, melted (optional)



**One easy way to make snacking healthier for your family is to make your own nutritious snacks, such as these energy bars.**

### *Directions:*

**Line the bottom of an 8-inch square pan with wax paper. In a small bowl, mix dry milk powder with milk to moisten. Place the peanut butter, buttery spread and marshmallows in a medium microwave-safe bowl. Heat in microwave for 30-second intervals, stirring in between, until melted and smooth. Stir in milk mixture. Add crushed cereal and blueberries to peanut butter mixture and stir until evenly mixed. Transfer to prepared pan.**

**Use a flat-bottom container or a glass to firmly and evenly press mixture into pan. Cool completely. When cooled, invert pan onto a cutting board, allowing pressed mixture to fall onto board. Discard wax paper. Cut square pressed mixture in half, then cut each half into six (4-inch) bars. If desired, drizzle melted chocolate over bars and store in airtight container.**

*Yield: Six 4-inch bars.*

*Per 1-bar serving (without chocolate): 122 calories, 5g fat, 0.9g saturated fat, 0g trans fat, 0.8g polyunsaturated fat, 3.2g monounsaturated fat, 139mg omega-3 fatty acids, 646mg omega-6 fatty acids, 0mg cholesterol, 74mg sodium, 17g carbohydrate, 2g fiber, 4g protein.*

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