

HEALTHY AFTER SCHOOL Snacks + LUNCH IDEAS

If we can provide colorful and healthy options for our kids snacks and lunches, we can help them make better food choices. By cutting up some of these in advance (and pullt them out) they are more likely to choose these options.

Cut up apples
Mini oranges
Smoothie (with greens)
cut up cucumber
Carrots
Celery
Cut up bell pepper
Veggies + hummus

Guacamole + veggies
Ants on a log
(Celery + almond butter)
pistachios
Almonds
Low butter popcorn
Protein bites
Fruit leather
String cheese

