



kid food

It's summer and the kids are hungry. You need snacks that are easy and healthy, too. Make it fun! Get kids involved — and they'll eat (almost) everything!

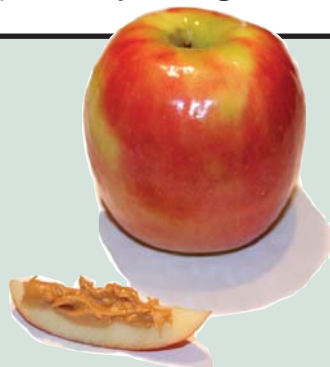


Ants on a log

Slice up some celery and let children fill them with peanut butter. Don't forget the ants, er, raisins!

Put on the layers

Spoon yogurt, fruit and granola into a glass in layers and — voila! — you have a healthy parfait! It's a good way to get servings of fruit, grains and lowfat dairy.



Go nuts!

Spread nut butters like peanut, almond or cashew on apples, bananas or carrots.

Take your pick: Finger fruit

These are easy to grab and go: grapes, cherries, apricots, bananas, kiwis, oranges, strawberries, apples or raisins.

Pita please

Stuff a whole-wheat pita with egg salad or salmon salad. Top with cucumbers and colorful bell peppers for crunch.



Banana in a Blanket

Spread peanut butter on a whole-wheat tortilla. Place a banana inside and wrap it up.

Cool Summer Treat

Mix a 32-ounce carton of vanilla yogurt with a 12-ounce can of calcium-fortified orange juice concentrate. Fill popsicle molds and freeze.

Kids love to dip!

Fruit dip

Mix equal portions of plain yogurt and peanut butter. Add honey to taste. Serve with chunks of bananas, apples, pears or strawberries.



Veggie dip

Mix a little dijon or honey mustard with plain nonfat yogurt. Or use ready-made lowfat ranch dressing. Serve with pieces of broccoli, celery, peppers, sugar snap peas or cucumbers.