



Handling the After School Munchies

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The comment "I'm starving!!!" being voiced by your kids as they arrive home from school does not have to result in you being eaten out of house and home. With a bit of planning, kids can satisfy their hunger in a tasty and enjoyable way, not disrupt their appetites for supper, and you can be assured they've eaten foods contributing to their healthy growth and development. Many of the ideas below can be prepared ahead of time to be ready to grab after school, whether at home, or on the go to extra-curricular activities.


Snack Ideas (aim to combine two food groups):

- Smoothie: blend 1 cup low fat milk with ½ cup fresh, frozen or canned fruit (add yogurt to desired thickness)
- Cut up fruit with yogurt (great to dip!).
- Whole grain crackers with peanut butter.
- Raw vegetables (use salad dressing for dip) and a glass of chocolate milk
- ½ cup homemade trail mix: choose your own ingredients from the bulk section and mix together, i.e. unsalted nuts, dried fruit, whole grain cereal, and popcorn. Can be measured out ahead of time in snack-sized resealable bags.
- Whole grain cereal with low fat milk.



Tips:

- Include the kids in the planning of snacks.
 - Have fruit and vegetables washed, cut up and easy to grab.
- Avoid distractions: no TV or video games during snack times.
- Quality not quantity: foods containing fibre and/or protein will contribute to fullness sooner than refined grain products alone.
- Relying on pre-packaged snacks results in more sugar, salt and fat being consumed. If pre-packaged snacks aren't available, healthier snacks will be eaten.
- Limit juice – it has just as much sugar as pop and can result in many extra calories being consumed throughout the day. Help kids choose milk and water as prime beverage choices.



Want more information on healthy eating? Visit www.canadafoodguide.org and www.dietitians.ca

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