Kids are often hungry for snacks after school and throughout the day. Here are some examples of healthier snacks that will fuel their energy, not drain it away.

**SERVE THIS:**
- Popcorn
- Whole grain crackers
- Whole wheat pita
- Dried fruit
- Yogurt
- Trail mix
- Fruit smoothie

**INSTEAD OF:**
- Goldfish
- Ritz crackers
- Pretzels
- Fruit snacks
- Pudding
- Chex mix
- Ice cream