

# **“Mom, What Can I Eat?” // Nutritious After-school Snack Ideas**



"MOM, WHAT CAN I EAT?"

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**NUTRITIOUS  
AFTER-SCHOOL  
SNACK IDEAS**

**LIVE WELL UTAH**

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*All family members can benefit from planned healthy snacks. Planned snacks provide more nutrition and energy for work, growth, learning and play.*

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## **Prep Your Pantry**

Build a weekly snack menu and that “what is there to eat?” question won’t be heard as often.

Here are a few snack ideas that can add good nutrition to your family’s diet.

- Fruits and berries
- Low fat chips and salsa
- Grape tomatoes and vegetables
- Frozen banana chips
- Low fat yogurt smoothies
- Cereal mix
- Whole grain crackers and breads
- Applesauce and cottage cheese
- Graham crackers
- Mini pizza on English muffin or pita
- Low fat cheese
- Low fat pita and hummus
- Fruit juice pops
- Light popcorn
- Ants on a log (stuffed celery)

- Cheese sticks

# Fruit Peanut Butter Pizza

1 pizza crust

1 cup peanut butter

3 sliced bananas

$\frac{3}{4}$  cup raisins or dried cranberries

$\frac{1}{2}$  cup chopped apples

Bake crust according to package directions. Spread peanut butter on crust and add the fruits. Bake at 350 until the peanut butter melts.

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