“Mom, What Can I Eat?” // Nutritious After-school Snack Ideas
“Mom, what can I eat?”

Nutritious After-School Snack Ideas

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

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

¾ cup raisins or dried cranberries

½ 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.

This article was written by Carolyn Washburn, Utah State University Extension associate professor, carolyn.washburn@usu.edu.