

Back To School and Healthy Snacks

Kids love to snack. But snacking—if done right—doesn't have to be a bad thing. There are plenty of tasty and healthy options available that will help satisfy the snack-attack of even the pickiest eaters.

Incorporating fresh fruit, like watermelon, into after-school snacks is a great choice for kids who have a bit of a sweet tooth. And, as an excellent source of Vitamins A, B6 and C, a two-cup serving of watermelon packs a good nutritional punch that any parent can appreciate. For more creative ideas on how to serve this healthy treat, take a look at the US Department of Agriculture (USDA) [top ten ways to enjoy watermelon](#).

For the child who prefers savory treats, fresh avocados—which contain naturally good fats and are cholesterol free—might be the answer. Mash an avocado and spread on toast for a satisfying breakfast. You can also use it as an [alternative to mayonnaise on sandwiches](#) or in wraps. Avocados can even act as “nutrient boosters” by helping the body better absorb certain nutrients (including alpha-and beta-carotene and lutein) from foods that are eaten with them.

For more snack ideas see the USDA blog post: [Back to School, Back to Healthy After-School Snacking](#)

Enjoy snacking!

Resource: USDA and Fruits and Veggies – More Matters!