



The
PTI BUZZ
Carol Kur, MSRD

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After school snacks you can enjoy with your kids.

Fruit kebabs- assortment of your child's favorite fruit.

Trail mix- add your favorite cereal, raisins. and mini dark chocolate chips.

Frozen Fruit- freeze some of your favorites like grapes, blueberries, mango and cantaloupe.

Fruit leathers- try the low sugar organic type.

Smoothies- add whatever fruit you enjoy and some skim milk and ice.

Veggie pita pockets- let your kids add the veggies and lite cheese.

Ants on a log- spread peanut butter on celery and add raisins.

Play tag or hide and seek with your kids for 20 minutes and burn 100 calories!!!!

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