

# SUPER SNACKS

## Great Ways To Fuel Up After School

Family Features

Crunch time for most families is the frenzied, action-packed hours between the school's dismissal bell and dinnertime. Squeezed in between is often a flurry of homework, sports practices, dance classes, music lessons and hanging out with friends.

The last thing most parents have time for is preparing snacks. Instead of unwrapping a candy bar or driving through a fast food joint, pull out a healthy treat or put together a delicious dish in a matter of moments. For more great snacking ideas, visit [www.culinary.net](http://www.culinary.net).



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### Popcorn

For back-to-school snacking you can't beat popcorn. Pop up a bowl and let the fun flavor creations begin — sweet, savory, or with just a dash of salt. Popcorn is a grab-n-go treat that takes minutes to make. Plus, it's a whole grain that contains fiber to fuel the body and keep you feeling fuller longer than other snacks. This beloved treat is also economical, costing mere pennies per serving. Pop up some fun today.



### Mini Babybel

When planning for back-to-school, be sure to add Mini Babybel to the grocery list. Individually portioned, Mini Babybel is a little cheese with huge appeal. Rich, creamy and 100 percent natural cheese, it is the perfect choice for snack time. With 20 percent of your daily calcium needs, this nutritious cheese snack is sure to satisfy the whole family. Visit [www.mini-babybel.com](http://www.mini-babybel.com) for more information and snack ideas.



### Farm Rich

When crunched for time after school, between games or before practice, we understand that a quick and easy-to-prepare snack is a must, but you also want to feed your family wholesome, real snacks. New Crispy Dill Pickles and Toasted Ravioli are great-tasting snacks made with real ingredients and ready to eat in minutes. Farm Rich — they're real snacks for real families. For coupons and more information, visit [www.farmrich.com](http://www.farmrich.com).

### Go Bananas

Frozen bananas are a quick, healthy treat. Cut a banana into four pieces, spear with a toothpick and freeze for two hours. Then melt chocolate chips in the microwave, dip each frozen banana pop into the chocolate until coated, shake off excess and place on waxed paper. Have the kids help out by embellishing each pop with chopped nuts, crushed graham crackers or colorful sprinkles. Once hardened, return the pops to the freezer until ready to enjoy.



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