

## SMART SNACK IDEAS WITH SANTA CRUZ ORGANIC - LANA BOOTE



After-school snack time can be a challenge at times. It's hard to find the right balance between the foods they want and the foods we think are best for them. **Santa Cruz Organic** has some great foods you can use to make snack-time easier. You don't have to worry about all the "extra stuff" that comes in



processed food. This is "good for them" food!

Kids love to dip their food. I raised two picky eaters and being able to dip made life a lot easier on all of us. When they were dipping their veggies, I knew they were getting what they needed!

If you have one of those picky eaters, here's an idea for you. Make up a plate of veggies or fruits and pair it with **Santa Cruz Organic peanut butter** and let them dip 'til their hearts content. You could also use pretzels, pita chips or bagel chips. Even if your kids aren't picky, they'll still have fun dipping!



Another great idea for after school is **pinwheel sandwiches**. Use a tortilla and spread **Santa Cruz Organic Peanut Butter and Mango Fruit Spread** on it. Roll it up and then slice it up. Kids love pinwheels and you can use any sandwich fixings you have on hand.

You can pick up a Bento box or a divided lunch box like this inexpensively, but you don't have to use them for lunch. Use them to make up some after-school snacks ahead of time. Fill the box with baby carrots, apple slices, berries and add a single serve container of **Santa Cruz Organic Applesauce** to finish things off. My kids go nuts for pinwheels because you can make so many different varieties.



Peanut butter crackers are always a favorite snack. My kids would devour these no problem. Serve them open-faced or put the tops on.



I have to sing the praises of this **Santa Cruz Organic Mango fruit spread**. It is so yummy that I could eat it with a spoon. Your kids would eat this spread on a toasted English muffin or bagel. You could even just spread it on a piece of toast like I did. Add a glass of milk and some banana slices and you have a YUMMY after school snack.



All these snack ideas are quick and easy. It's an easy way to satisfy their hunger, but you don't have to feel bad about what they're eating. Sound good? Pick up Santa Cruz Organic products at Target and get 25% off with Cartwheel! This post was created in partnership with Womensforum and Santa Cruz Organic, all opinions are my own.