

## Great Snacks for Back to School

As summer comes to an end our kids are heading back to school. Something that often gets overlooked is what our kids snack on at school. A snack is a small meal to hold us over in between meals. At school this is done during a critical academic time in their day, morning recess. Making sure their snack consists of protein will help them focus on learning. Protein gives the brain and body the important fuel it needs to get through the day.

Some great protein kid friendly snacks to send to school are:

- string cheese
- greek yogurt
- nuts
- peanut butter sandwich
- apples and nut butter
- hard boiled eggs
- trail mix with soy nuts
- low-fat salami and cheese
- veggies and humus
- turkey or ham roll up

Keeping your kids snacks high in protein and low in sugar will help keep their tummy's and their brain's happy and ready to learn.