Healthy Summer Snacks

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School is just about out and our kids will be home for the summer! So whether they will be in and out of summer camps, back and forth from vacations or just hanging around the house, Healthy Summer Snacks are a must for keeping them happy and active. Healthy snacking between meals is important, but should be planned for. Snacks can provide a needed energy boost between meals and can help prevent overeating.

During the summer months, we have plenty of great fruits and veggies that are in season that we can get creative with. We would like to share some of these ideas with you and see if we can get your creative juices flowing for Healthy Summer Snacks for your family.

1. Did you know that you can freeze fresh fruit for a new spin? Try frozen grapes, blueberries, watermelon and strawberries. Also, you can make a Banana Pop- just put in on a clean popsicle stick and freeze. You can even dip these in chocolate for an extra special treat.
2. Sliced raw veggies like celery and carrots with a side car of whipped cream cheese for dipping are an energy dense snack with crunch.
3. Fruit Kabobs! Just line up diced fruit on a wooden skewer and enjoy.
4. Try a new healthy take on the Ice Cream Sandwich- spread frozen yogurt between 2 graham crackers and place in the freezer until you are ready to serve.
5. Or, how about a classic- Air Popped Popcorn for a fiber packed energy boost.

With all of these great snacks and summer activities, don’t forget to keep your family well hydrated. And what’s the best way to do that? By drinking water! But if you need a few other alternatives, steer clear of soft drinks which can have the opposite effect and try 100% fruit juice or fat-free milk, which can be very refreshing too.

Keep your family on the Healthy Snack Track by having their healthy snacks ready and waiting. You can even organize the refrigerator with ready to eat fruits and veggies front and center. Have a great summer and healthy snacking!