

GummiKING™



After-School Snacks

Healthy & Nutrition

It's a scene that plays out daily in homes everywhere. Kids come in from school and head straight to the kitchen looking for something to eat. How can you make sure your child gets nourished but still has room for a healthy dinner? Read on.

Though kids need less frequent snacks as they get older, it's not surprising that most are hungry after school. Many kids eat lunch early — 11:30 or even before — and then have an afternoon of classes and maybe even an after-school activity before their next chance to eat. It's no wonder the snack food vending machine looks so appealing at the end of the day.

Depending on your child's age and after-school routine, you may not always be able to control what he or she eats in the late afternoon. But don't throw in the towel just yet. Take these steps to guide your child to good after-school snacks that will be satisfying and still leave room for a nutritious dinner.

Figure Out the Timing

Put yourself in your kids' shoes and consider their eating schedules on a normal weekday. Some younger kids may have a mid-morning snack, but most older school-age kids won't. Get the answers to these questions: When is lunchtime? What and how much do they eat at lunch? Do they ever skip lunch? Does the after-school program serve snacks? This will help you figure out how hungry kids will be when they get home.

You'll also want to think about what time you normally serve dinner. A child who gets home famished at 3 and eats a large snack probably won't be hungry if dinner is at 5:30. Likewise, it may not be reasonable to expect a child whose parents work late to go until 7:30 with nothing to eat since lunch. Think about your kids' schedules and plan accordingly.