It’s August and summer is winding down, with school right around the corner!
Read on for tips on healthy after-school snacks, how to take advantage of the last hot summer days and one last month of menus for our Chowdown Challenge. Don’t forget to check out the supplement on how to freeze and store the bounty from your garden.

Smart Snacking

As the kids start heading back to school it’s time to once again think about after-school snacks. We’ll keep giving you healthy snack suggestions (see Cook With Your Kids – popsicle edition on page two) but we also want to talk about some of the convenience snack foods that might find their way into your shopping carts.

Case in point: lots of companies are marketing 100 calorie snacks, like the Chips Deluxe cookies pictured above. Problem is, even though they are “only” 100 calories, they’re loaded with fat and sugar.

Let’s get our magnifying glasses out and have a look at the label, shall we?

THE BREAKDOWN: You’ll notice that 25 of the 100 calories in the cookies are from fat – meaning ¼ of the calories in these cookies are from fat. And if we look at the sugar you’ll see that there are 9 grams of sugar in one serving! Dietary Guidelines for kids recommend no more than 4 teaspoons (16 grams) of added sugar per day so that’s more than half of the recommended amount of added sugar in one “snack” size serving!! These cookies will provide a quick burst of energy, followed by “the crash”. For a better after-school snack, try two graham cracker squares and a small glass of low-fat milk!

Water Balloon Catch

This wet and wacky game is as refreshing as a dip in the pool.
On a hot day, even if you drop the ball, you’re still cool.

What you need:

- Gallon-size milk jugs (one for each player) to make “catchers”
- Scissors
- Masking Tape
- Ribbons
- Balloons (PLEASE NOTE: balloons are a choking hazard for small children – do not allow unsupervised play and pick up and discard any broken balloons immediately.)

- Have mom or dad create the “catchers” by cutting the bottom off a gallon-size milk jug (one for each player), taping the cut edges (use lots of tape, as the plastic can be sharp!), and decorating the handle with ribbons, as shown in the picture.
- Fill a bunch of water balloons to the size of a grapefruit.
- Let the kids loose! See how many times you can toss the balloons without breaking them or how far you can catch and throw them.
### Chowdown Challenge

It’s the last month of our Chowdown Challenge! How are you doing? We’ve provided one last sample menu to help you on your way. Remember, at least one to two fruits or veggies at every meal!

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<td>Grilled chicken breasts – (save some for Monday!), corn on the cob, green salad and “broccoli trees”</td>
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<td>Dinner</td>
<td>Chicken tacos in whole wheat tortillas – add lettuce, tomatoes, black beans, avocado and salsa</td>
<td>Beef and “broccoli-trees” stir fry</td>
<td>Chicken tacos in whole wheat tortillas – add lettuce, tomatoes, black beans, avocado and salsa</td>
<td>Ham or turkey roll-ups w/lettuce, cucumbers and peppers in whole wheat tortillas</td>
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<td></td>
<td>Fruit smoothies OR 100% fruit popsicles</td>
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<td>Dessert</td>
<td>Watermelon, cantaloupe or pineapple for dessert</td>
<td>Cocoa-Nut Bananas (sliced bananas dusted with cocoa &amp; coconut)</td>
<td>Watermelon, cantaloupe or pineapple for dessert</td>
<td>Orange slices</td>
<td>Frozen grapes</td>
<td>“Monkey munch” – popcorn with dried fruits and peanuts</td>
<td>Frozen grapes</td>
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**Back to School Grocery List:** Apples, Grapes, Bananas, Baby Carrots, Celery, Peanut Butter, Wheat Bread or Tortillas, Graham Crackers, Low-fat milk, Low-fat yogurt