

Fun Foods that Fuel the Family

(Family Features) For busy moms, it seems that kids' activities dominate the family calendar. Eating right gives everyone the energy they need to fuel all those activities, but it can be tricky coming up with new ideas for meals and snacks the kids will actually eat.

Blogger Meagan Francis, from The Happiest Mom, shares a few of her ideas for satisfying hungry kids and keeping them going throughout the busy day.



Quick Breakfast Bites

- Wrap up the first meal of the day in a tortilla with scrambled egg burritos.
- Make a fruit smoothie.
- Toast a whole grain English muffin with peanut butter and no sugar added jelly.

Stock Up On Easy-To-Cart Snacks

- Fat free pretzels dipped in peanut butter gives kids a little protein to fuel their afternoon activities.
- Make homemade trail mix using almonds, yogurt covered raisins, sunflower seeds, and mini chocolate chips.
- A delicious, low fat portable snack, string cheese pleases just about every kid.
- Meagan likes to pack Heinz[®] Dip & Squeeze[®] Ketchup to pair with snacks, which holds 3 times more ketchup than traditional packets. They're easy to toss into your purse or the glove compartment and a great no-mess solution that little fingers can manage. Find more kid-friendly food tips at: <https://www.facebook.com/HeinzKetchup>.

Pack Some Lunchbox Fun

- Fill pita pockets with chicken salad, deli meat, or peanut butter and a banana.
- Give them finger foods to dip, like apples and peanut butter; baby carrots and ranch or yogurt dip.
- Let kids build their lunch, pack ingredients in separate baggies or containers. Try a stacker with crackers, cheese and deli slices.