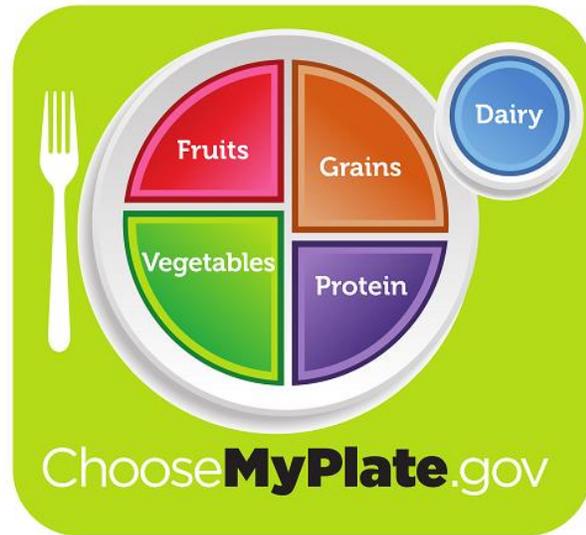


## Snacks with Mrs. Delayne

Hello all, I thought it might be fun to start a nutrition corner on our page. I will add tips and easy recipes here for you to try at home. Let me tell you just a little about myself. I am the midday helper at ECEAP. I help get snacks and lunches to your kiddos. I miss them all! I have 5 kids ranging in age from 19 to 6, so I am in the trenches with you!

-Mrs. Delayne



When you are at home it can feel like your kiddos are constantly asking for food. While it is important to keep them well fed, grazing all day is not so good. If your kids are young, an idea that might work well is to make a plate of snacks, put it where your child can reach and let them eat from that until it is gone. That way you won't have to constantly be in the kitchen, and they are not going hungry. Something that I do in my house is have a meal and snack schedule. It looks something like this:

7:30 AM Breakfast  
9:30 AM Snack  
11:30 AM Lunch  
3:00 PM Snack  
5:30 PM Dinner

I find a schedule with a weekly menu is incredibly helpful. Then you don't have to be like "Oh man! What am I going to feed my kids today?!" It's right there already. I post my schedule and menu on the refrigerator. Find what works for you and your family. It's ok to be flexible with your schedule. Life happens! Just stay as close to it as you can.

## Ants on a Log

- Celery sticks - washed and dried (it's important to dry them or the filling won't stick)
- Filling- (this is where you can get creative)  
Peanut butter/ Almond butter/ Really any nut butter/ Cream cheese (the kids love this in their celery at school)
- Place filling of choice inside celery stalk
- Add raisins/ chocolate chips/ craisins on top of filling



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