



Hungry Kids before Mealtime

Do you ever hear, "I'm starving," from your kids before you can get the next meal on the table? Kids have small stomachs and need between-meal snacks to keep them going.

While you are preparing supper, place a plate of fresh vegetables such as red and green pepper strips, carrot sticks, cucumber slices, broccoli "trees" and tomato wedges out on a plate on the table. Have a little dish of ranch dressing for dipping and call the kids.

This is a snack that won't spoil their appetites, helps with the cries for food and is a healthy way to add a serving of vegetables to their day!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



Hungry Kids before Mealtime

Do you ever hear, "I'm starving," from your kids before you can get the next meal on the table? Kids have small stomachs and need between-meal snacks to keep them going.

While you are preparing supper, place a plate of fresh vegetables such as red and green pepper strips, carrot sticks, cucumber slices, broccoli "trees" and tomato wedges out on a plate on the table. Have a little dish of ranch dressing for dipping and call the kids.

This is a snack that won't spoil their appetites, helps with the cries for food and is a healthy way to add a serving of vegetables to their day!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.