

Beat the Summer Heat with Nutritious Snacks That Won't Burn a Hole in Your Wallet

When choosing summer snacks for your kids, reach for options that pack a nutritional and economic punch. According to a new “Summer Sipper Survey,” which polled more than 1,000 moms across the U.S., nearly half (46 percent) of respondents said their grocery bills go up in the summer. Help manage your rising grocery bill by following these great-tasting tips to keep your whole family happy and healthy all season long without breaking the bank!

- **Think DIY snacking.** Kids love refreshing frozen treats, but store-bought options can be high in hidden calories and costs. Make your own frozen treats at home and have your kids join in the fun! Let them pick their favorite fruit or use leftover fresh or frozen fruit to throw into a blender with a little lowfat milk for a treat any time. Check out <http://www.whymilk.com/smoothies.php> for more quick and nutritious smoothie options.
- **Prepare, precut and pre-portion.** Make it easy for kids to snack healthfully. Pre-portion items like pita chips or fruits and vegetables in small, re-usable containers or bags in an easily accessible area of your refrigerator or pantry. This way kids can easily grab on the go. Cut your own fruits and vegetables – it’s more cost efficient than buying them pre-cut.
- **Pour on nutritional value.** Sometimes it costs less to buy healthy foods. For example, skip the empty-calorie, sugary beverages and reach for nutrient-rich lowfat or fat free milk. With nine essential nutrients, all at less than 25 cents per 8-ounce glass, on a gallon basis, milk is a bargain when you think of all the liquid assets inside.
- **Stick with staples.** Buying the basics can go a long way in terms of cost, number of meals, and versatility. For example, a box of pasta that costs under \$3 can be worked into an endless number of dishes, including a refrigerated veggie pasta salad that your family can dish-up all week long.

- **It's summer – but still keep a schedule.** Schedules are hard to stick to in the summer, but keeping the kids on a routine for not only meals, but also snacks, helps them cut out mindless snacking between meals. Going out? Plan ahead by bringing snacks with you rather than relying on what's outside of the home.
- **Liven up fresh fruits and veggies.** Make sure you reach for in-season fresh fruits and vegetables. Not only are they cool and refreshing during the hot summer months, but also wallet-friendly. Try jazzing up fruit by making fruit kabobs or a light fruit dip.
- **Continue clipping coupons.** When you toss the weekly circular in your newspaper, you're throwing away dollars that could have been spent elsewhere. Make an effort to clip or search online for valuable coupons that can help keep your grocery bill down.

For great-tasting nutritious recipes and more on how to maximize your grocery bill, visit whymilk.com.