

# Wholesome Snacks

(NAPSA)—With busy schedules, families may face a challenge getting kids to activities on time and with enough energy to succeed.

So what's a busy parent to do? Work wholesome snacks into their schedules.

**Planning is Key.** Planning snacks in advance can help eliminate impulse buys that are often poor choices.



## **Farm Rich Mozzarella Bites.**

**Mini-Meal Replacement.** Snacks that serve as a mini-meal can be a lifesaver. Pop something like Farm Rich Mini Quesadillas or Pizza Slices into the microwave so kids can eat them on the way to the game and they're good to go until dinner.

**Sneak In Wholesome Snacks.** Instead of letting teens load up on sugary soda and potato chips, try Farm Rich Cheese Sticks or Mozzarella Bites made with real mozzarella cheese, a good source of calcium and protein.

**Make Wholesome Snacking Convenient.** Stock the freezer with things that are easy to heat and eat. Kids like being able to reach into the freezer to grab a snack they can heat in the microwave and be ready to eat in just minutes.

According to a University of North Carolina study, nearly 98 percent of children 2 to 18 said they snack between meals.

For more information on wholesome snacks for busy families, visit [www.farmrich.com](http://www.farmrich.com).