

# Nutrition News And Notes

## Warm-Weather Tips To Keep Kids Healthy And Safe

(NAPSA)—When warm weather hits, many families see an increase in activity. Whether it's baseball games, heading to the beach or family road trips, everyone is on the go. During busy times, parents need easy and nutritious snacks for their children.

By being prepared and packing convenient, portable items, parents can reduce the stress of having hungry kids while out of the house. It's important to ensure that these treats are tasty and refreshing to ward off the urge for less-nutritious items.

Parents can follow these simple ideas:

1. Warm weather and increased activity can lead to dehydration. Since children are usually averse to drinking a lot of water, keep hydrating and satisfying beverages nearby, such as R.W. Knudsen Family's Recharge, the all-natural sports drink. Recharge contains natural fruit juice, water and sea salt to replenish vital electrolytes without any added sugar.

2. Precut vegetables like carrot and celery sticks, or even bite-sized snap peas, are a handy and healthy food to nibble on.

3. Remember that snacks like string cheese and nuts can provide necessary on-the-go protein.

4. Organic snacks add nutrition to any day. Santa Cruz Organic offers four-ounce fruit sauces with no added sugar in a variety of flavors such as apple cinnamon and apple apricot.

5. Choose seasonal fruits like watermelon for a fun and refreshing treat. Try freezing grapes for a cool twist and to sneak in a serving of fruit.

6. Prepare nourishing homemade bars in advance, like this child-friendly recipe. Pack the pre-cut bars into the cooler:



**Having nutritious snacks on hand is essential when your family's on the go.**

### PB & J Bars

- 6 tablespoons unsalted butter, softened**
- 1 cup Santa Cruz Organic Light Roasted Creamy Peanut Butter**
- ½ cup light-brown sugar**
- 1 large egg**
- ¾ cup all-purpose flour**
- ½ teaspoon salt**
- ¾ cup seedless raspberry jam**

**Preheat oven to 350° F. Spray a 9"x13" metal baking pan with nonstick spray.**

**Blend butter, peanut butter and brown sugar in a large bowl until smooth. Add egg; mix well. Add flour and salt; mix well. Reserve 1 cup dough for topping.**

**Press remaining dough evenly in bottom of pan. Spread jam evenly on top of dough; drop reserved dough over jam layer. Bake 30-35 minutes. Cool completely; cut into bars.**

**Makes 28 bars (2"x2").**

For more recipes and tips, visit [www.scojuice.com](http://www.scojuice.com) and [www.knudsenjuices.com](http://www.knudsenjuices.com).