

# Pointers For Parents

## Letter-Shaped Snack Mix Spells Fun For Families

(NAPSA)—When the school dismissal bell rings, hungry young kids race home eager for a great-tasting after-school snack. Parents anticipate their arrival, hoping to spend some quality time catching up on the day's activities. So why not hear all the latest news from school while your child helps create his or her own nutritious, fun snack?

Cereal such as Post Alpha-Bits, which now has zero grams of sugar per serving and is an excellent source of whole grain, makes it as easy as A-B-C for kids to make a delicious snack that doubles as an art project.

Kids can assist Mom in making Red Letter Day Snack Mix, which combines the great-tasting cereal with other snack-time favorites, such as air-popped popcorn, raisins, cheddar snack crackers and mini pretzel twists. While making the snack mix, Mom can reinforce school lessons by using the letter-shaped cereal pieces to play games, such as asking her student to identify as many words as possible that begin with a letter drawn from the box.

After making the mix, create a butterfly family by dividing some of the snack mix into resealable plastic bags, wrapping a colorful pipe cleaner around the center of each bag and twisting to divide the bag into two "wings."

Your child can then personalize each butterfly by adding fun stickers to the wings.

For more recipe ideas, visit [www.postcereals.com](http://www.postcereals.com).



**Brush up on your ABCs with a delicious after-school snack.**

### Red Letter Day Snack Mix

Prep time: 10 minutes

#### Ingredients:

- 4 cups Post Alpha-Bits cereal
- 4 cups air-popped popcorn
- 1 cup cheddar snack crackers
- 1 cup mini pretzel twists
- ½ cup raisins

**Toss all ingredients in a large bowl. Store in tightly covered container at room temperature. Makes 9 servings, 1 cup each.**

**As a great substitute, consider using dried cranberries in place of raisins.**

Nutrition Information Per Serving: 160 calories, 3 g total fat, 0.5 g saturated fat, 0 mg cholesterol, 330 mg sodium, 29 g carbohydrate, 2 g dietary fiber, 5 g sugars, 4 g protein, 6% DV vitamin A, 4% DV vitamin C, 4% DV calcium, 20% DV iron.