

THE AFTER SCHOOL SPECIAL: SNACKS THAT KIDS CAN HELP MAKE!



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Whether they are tumbling off the bus, walking home from school, or closing the books at the kitchen table — almost every kid asks the same question at the end of the school day: “I’m hungry! Can I have a snack?” To help parents get creative at “kitchen-turned-snack-bar,” we’ve pulled together six recipes that are sure to give them an afternoon pick-me-up! As a bonus most of them can be put together completely by your child (or at least they can get involved with some of the steps)! After they’re munching, use the Kitchen Table Talk questions below to check in on their day and connect!

Just click the recipe titles below to see the step-by-step instructions from each source!

- [SIMPLE STUFFED PRETZEL DOGS](#) VIA THE SLOW ROASTED ITALIAN
- [APPLE COOKIES](#) VIA RACHEL SCHULTZ
- [EASY PIZZA TWISTS](#) VIA SPEND WITH PENNIES
- [PBJ FRIES](#) VIA MOM DOT
- [BANANA SPLIT BITES](#) VIA LIFE LOVE LIZ
- [NO BAKE ENERGY BITES](#) VIA GIMME SOME OVEN



KITCHEN TABLE TALK

- Let’s play high-low! What was the high part of your school day? What about the low part?
- Did you see anyone today that needed a friend? What happened?
- I know your favorite subject is _____. Tell me one new thing you learned today in that class.
- What’s something you’ve always wanted to learn — it doesn’t have to be school-related?
- What’s your favorite way to unwind after a full day of school work?