

How about one for the kids?
Lunchbox Makeovers

Instead of chips or crackers how about some granola?

Try Bear Naked granola.

It's whole grain, trans-fat free and the sweetness comes from natural ingredients. Comes in 4 flavors, kid-size 2 oz bags.

(~\$1.49 each; www.bearnaked.com for stores to buy online)

Horizon Organic Yogurt Tubes.

These are low in fat and have active cultures that aid digestion. (~\$2.99 for a box of 8) Also try Yoplait's Go-Gurt tubes, a little less expensive. (~\$2.80 for a box of 8). Available at most grocery stores in the dairy section.

Stretch Island Fruit Leather.

If you have taken a nutrition class you may have gotten to sample this great alternative to fresh fruit. It's also a great alternative to the sugary fruit snacks. They come in 9 regular and 5 organic flavors. (~\$.39-.49 each) and can be found at the Stevens Point Are Co-op or at Cops in their natural foods section, or go to www.stretch-island.com for other stores or to purchase online.

Healthy Handfuls crackers are 1oz, snack size pouches for simple portions sizing. A variety of flavors including Lemon Vanilla Koala Crackers and Lucky Duckies Cheddar Cheese Crackers. (~\$.89 each; or go to www.healthyhandfuls.com)

Kid approved energy bars.

Clif Bar ZBar. Baked with whole grains and soy protein, trans-fat free and full of 12 vitamins and minerals. Favorites are the Chocolate Brownie, Carmel Apple and Peanut Butter. (~\$3.99 for a box of 6 or www.clifbar.com for stores)

Sesame Street snacks.

Earth's Best organics are fortified with iron, zinc, low in fat and sugar, and trans-fat free. Favorites are the Letter of the Day Cookies (~\$2.39) and Crunchin' Crackers (~\$3.09) See www.earthsbest.com for stores and availability.

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