

Most kids are probably out of school for the summer by now, and if you have young ones at home you're probably hearing a lot of "What's to eat?" It can be challenging to stock the fridge and cupboards with summertime snacks that are healthy, keep kids satisfied and fit into the family budget, but summertime snacks don't have to break the bank. The trick is to plan snacks ahead of time to take advantage of sales, coupons and seasonal items to stretch the food dollar. Also, be sure to look into purchasing store brand items of favorite snacks foods, which can help you save an average of 15 to 25 percent, with quality and nutrition comparable to the national brand. Fortunately, the summer season also means that a variety of fresh produce is less expensive and at its peak quality, making it affordable to stock up on healthy snacks that kids will enjoy.

Chill out this summer with these budget-friendly kids' snacks:

- Frozen grapes
- Frozen fruit pops using bananas, berries, peaches or watermelon
- Ice cream cones filled with yogurt and chopped fresh fruit
- Peanut butter spread on celery, apples or graham crackers
- String cheese with whole grain crackers
- Deli meat, cheese and lettuce rolled in a tortilla shell
- Fruit smoothie
- Trail mix

Here's a snack your kids (and probably yourself) will be sure to love this summer!

Strawberry Frozen Yogurt Bars



Ingredients:

10 1/2 Honey Maid Graham Crackers, broken into quarters (42 rectangles)
1/2 cup frozen strawberries, pureed
1 cup nonfat plain Greek yogurt
1 1/2 cup thawed frozen reduced-fat whipped topping
1 teaspoon vanilla extract

Directions:

Line 9-inch square pan with foil, with ends of foil extending over sides. Arrange half the graham pieces, in 3 rows of 7 pieces each, on bottom of pan.

Spoon strawberry puree into medium bowl; stir in yogurt, whipped topping, and vanilla extract. Spread over graham pieces in prepared pan. Top with remaining graham pieces, aligning to match placement of graham pieces on bottom layer. Freeze 4 hours. Use foil handles to remove dessert from pan; cut between grahams to form 9 square bars and 3 rectangular bars or 21 rectangular bars.