GRAB A BITE

STUFF AN APPLE

That apple a day can be full of surprises. To make a nutritious treat, core an apple, fill it with peanut butter, and top it with raisins. The filling keeps the apple from turning brown, even when you pack it to go (transport it in a plastic bag sealed with a twist tie).

Empty Your Cupboard and Mix Up a Snack

Bite-size cereal, dried fruit, pretzels, nuts, crackers, shredded coconut—anything goes when you're tossing together a homemade snack mix, says Lori Murray of Columbus, Ohio. Lori also throws in M&M's or chocolate chips "if I'm in a good mood," she says, and mixes it all in a ziplock bag. Daughter Caitlin, age twelve, enjoys devising her own concoctions, while son Billy, seven, likes the shaking the best.