



## Easy-to-Prepare Pool Party Food For Kids

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During summer vacation, kids want to spend their time either at the beach or by the swimming pool. It's cool and fun! Prepare hassle-free snacks that are nutritious and delicious yet easy to pack to keep the kids energized.



### **Skewers**

What's more quintessentially summery than grilling? Make a range of skewers from marinated meats like chicken and pork, or hotdogs. For Pinoy pool parties, you can even have fishball and squidball skewers, which are sure to be popular with the kids. For complete meals, try grilling kebabs, with protein from the meat and vitamins and minerals from the tomatoes, peppers and other veggies. Pair them with grilled corn on the cob, too.



### Healthy Dips

Though it is tempting to give in to your children who plead for junk food, opt for whole foods like fresh sticks of cucumber and carrots, as well as baked corn chips. Yes, finger food can be healthy, too and not just empty calories. Pair them with a tasty dip! Pack some oomph into your snack time with the savory [Zesty Nacho Dip](#). Use [Del Monte Italian Style Spaghetti Sauce](#) as main ingredient for a flavorful dip.

### Fries

Give a fresh twist on French fries by making them from sweet potatoes instead. These are packed not only with complex carbohydrates but also dietary fiber, vitamins A and C, and iron--and will keep them full for a longer time. They go well with any kind of spread and are good to snack on even on their own.



### Sandwiches

You can prepare bite-sized sandwiches for your kids to enjoy, or you can have full-sized sandwiches for those with bigger appetites. Fill them with any number of spreads— running the range of sweet to savory—that the kids will enjoy while at pool side.

### Fruit Cups

Load up the cooler with some ice and single-serve cups containing a variety of fruits. These are loaded with vitamins and minerals, and are not only refreshing in between dips, but will also replenish the nutrients in your kids' bodies. That means no lethargy, more energy for the rest of the day.

***Links:***

*Easy Appetizers: 15 Summer Party Picks <http://www.food.com/ideas/5-ingredient-appetizers-summer-party-picks-6044>*

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