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**National Survey Reveals After-School Snacking Habits of American Kids**

*Parents open up about the importance of bridging the gap between lunch and dinner with more wholesome snack options*

(Atlanta, Ga.) – From nacho chips dipped in yogurt to leftover wedding cake to waffles with ketchup, kids are willing to eat anything when they get home from school. But their odd snacking choices are a major concern among parents. According to a national survey commissioned by frozen snack maker Farm Rich ([www.FarmRich.com](http://www.FarmRich.com)), 95% of parents agreed that after-school snacks provide their kids with a needed boost of energy for afternoon activities. With 90% of kids choosing to eat before doing anything else when they get home, it's important that they make smart snacking decisions. However, nearly half of kids aren't under adult supervision between school and dinner, leaving them to opt for less-than ideal snacks.

“People have dissected kids’ eating habits at breakfast, lunch and dinner time,” said Jennifer Meetz, Farm Rich’s Senior Marketing Manager. “After-school snacking is a sector that hasn’t been explored. It’s clear from this survey that it’s as much of an occasion for American kids as any other meal of the day.”

The survey also revealed that more than 75% of parents say satisfying hunger is the most important quality when it comes to their child’s after-school snack, while only 36% ranked being low in fat and calories at the top of their list. The importance of wholesome after-school snacks was verified as almost half (49%) of parents admitted that six or more hours go by between the time their kids eat lunch and dinner.

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“Balanced nutrition is probably the biggest influencer on energy and health,” said Atlanta-based registered dietician Ilana Katz. “For a child to reach their highest potential in physical activity and health, the body as a whole must work optimally. A balance of carbohydrates, protein, fat, vitamins, minerals and fluids all play a crucial role.”

**About Farm Rich:**

Farm Rich sets the standard for delicious, easy-to-prepare food the whole family loves with its lineup of snacks and appetizers that include cheese sticks, paninis, pizza slices, mozzarella bites, quesadillas, and meatballs. Made with wholesome ingredients like 100 percent real cheese and all white meat chicken, Farm Rich snacks are a great source of calcium and protein and have zero grams of trans fat. A leading brand of the Rich Products Corporation, Farm Rich is based out of Saint Simons Island, Ga. and boasts a successful portfolio of products sold to consumers at retail grocery and club stores nationwide. Farm Rich is just one of many leading brands in the Rich Products Corporation. Other brands include SeaPak, WorldCatch, Casa Di Bertacchi, Byron's Authentic Bar-B-Q and Jon Donaire.

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