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WEB EXCLUSIVE

## Upgrading Lunch

By Erin Renzas

These healthier lunch-box essentials are sure to pull weight at the daily cafeteria stock exchange, but they're so tasty that your kids won't even try to trade.

We checked out the latest snacks to hit the shelves and asked 50 fourth- and fifth-graders to tell us what they thought. On a scale of 1 to 5, the kids rated the products on two essential criteria: "how good it tasted" and "how excited they would be to find it in their lunch box."



### Popchips

The verdict: Taste, 5; Excitement, 5 [highest rating]

These innovative chips are made by applying heat and pressure rather than baking or frying, which results in a healthier, but still flavorful chip.

PopChips, \$30 for 36 one-ounce bags, PopChips, Amazon.

What the kids said: The kids loved this tasty, crispy chip alternative (okay, so did we). The crunchy but not greasy Barbeque flavor had a mild spicy taste and was just sweet enough. "They're even better than regular chips," Jasmine, 10, added.