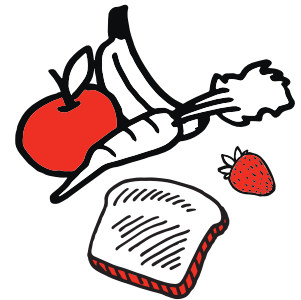


HOW TO MAKE A HEALTHY SNACK YOUR KIDS WILL EAT

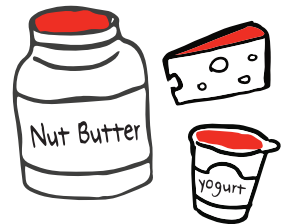
PICK ONE CARBOHYDRATE:

- Small piece of fruit • Carrots • Celery
- Whole grain crackers or toast



AND ONE PROTEIN:

- Peanut butter • Almond butter • Hummus
- Greek yogurt • Cheese • Black bean salsa



-OR-

MIX IT UP!



- Trail mix with nuts and seeds, dried fruit, popcorn
- Smoothie with fruit and Kefir or Greek yogurt
- Low-fat Greek Yogurt mixed with berries and nuts
- Energy bites with whole oats, peanut butter or almond butter and a few chocolate chips