HEALTHY SNACK INEAS

Cut Fruit

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Yogurt

Cut vegetables

Tuna &

Crackers

Oatmeal with

Cinnamon

& Apple sauce

Bread

Cottage cheese

& vegetables

Fruit smoothie

(Fresh fruit, ice, milk)

Cut Vegetables

Tchina dip

& Pretzels

Avocado

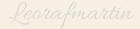
Cherry tomatoes

& rice cakes

Serve water with every snack

Remember the "Division of responsibility"

Sit down at a table while eating



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