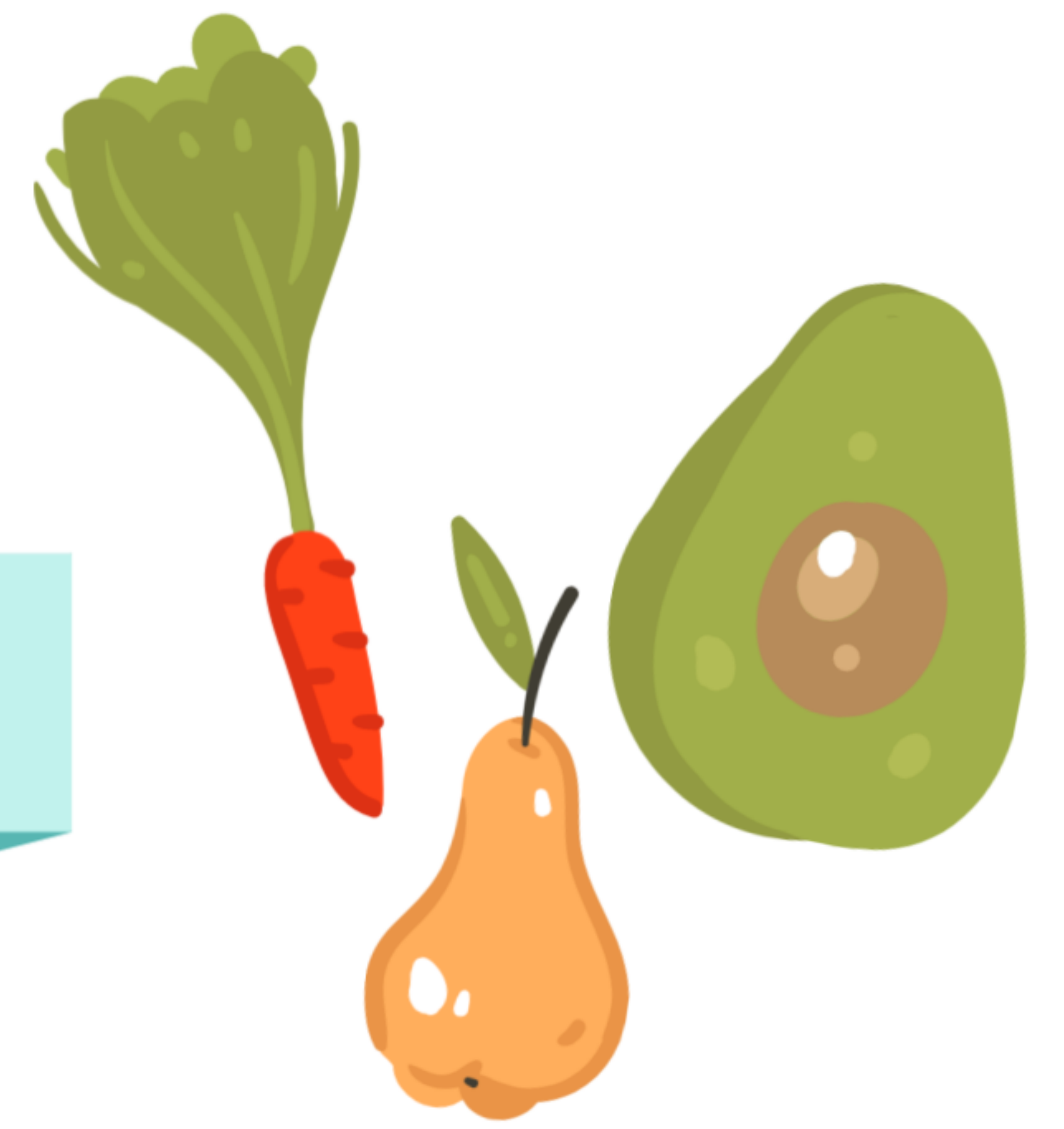


# HEALTHY SNACK IDEAS



## Keepin' It Fresh

Whole apples  
Clementines  
Bananas  
Plums  
Grapes  
Peaches  
Pears  
Carrot sticks  
Celery sticks  
Broccoli florets  
Cucumber slices  
Bell pepper spears  
Cherry tomatoes

## Protein Packed

Hard boiled eggs  
Green pea hummus  
Yogurt & chia seed jam  
Cheese sticks  
Energy balls  
Nuts & seeds  
Roasted chickpeas  
Jerky

## Kids Can Prep

Peanut butter rice cakes  
Fruit sorbet  
Trail mix  
Smoothies  
Hummus & veggies  
Deli meat & cheese roll-ups  
PB apple sandwiches  
Pickles  
Chips & 1-minute guacamole  
Salad

## Make Ahead

Real fruit & veg leather  
Muffins  
Applesauce  
Granola bars  
Pudding cups  
Kale chips  
Fruit gummies  
Chips & salsa  
Healthy cookies  
Popcorn  
Fruit & veg pouches  
Dried fruit