



Grab quick and easy snacks

- Pack baby carrots, nuts, or dried fruit for a snack at school or play.
- In a hurry? Grab an apple, an orange or any other fruit for a quick treat.
- Munch on veggies, pretzels, or low-fat popcorn.
- Instead of cookies or chips, mix cereals like chex with peanuts and raisins.
- Pack sliced cucumbers and jicama and add lime juice and hot salsa for a spicy taste.
- Refresh your thirst with water or limited amounts of 100% juice.
- Try this!

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Peanut Butter and Applesauce

1. Spread 2 tablespoons peanut butter on a slice of whole-wheat bread.
 2. Top with applesauce and sprinkle with cinnamon.
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