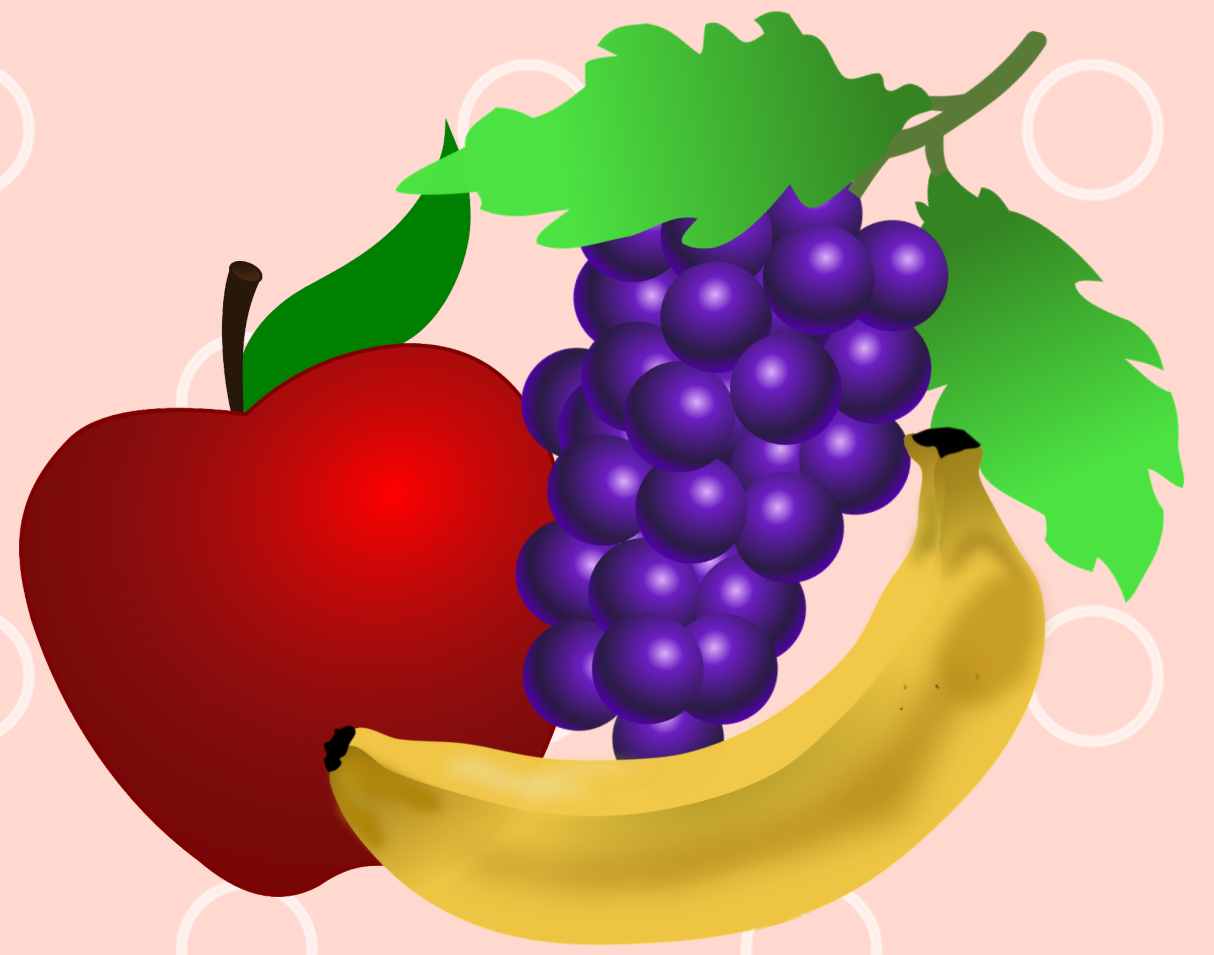


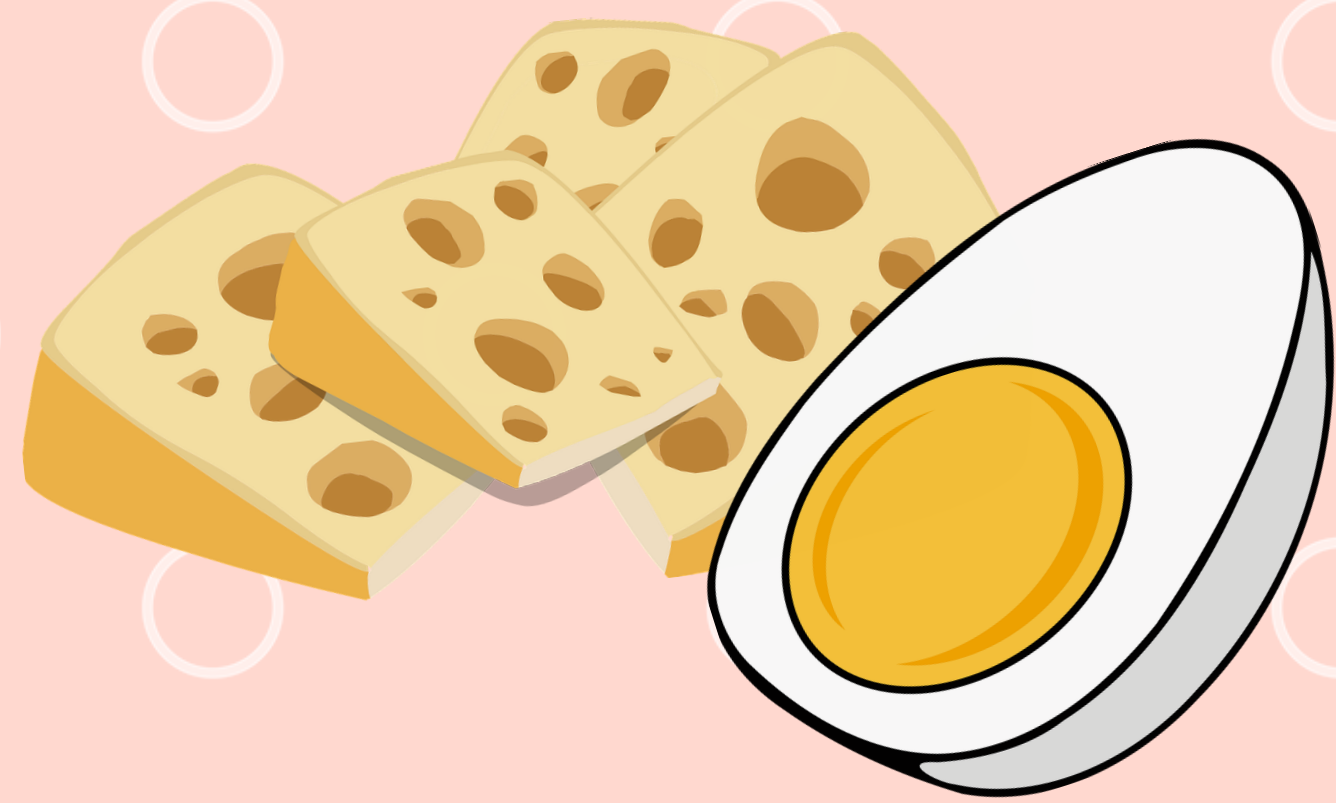
# Healthy Snacks

Fruits like apples, grapes, and bananas are easy to grab and go and provide excellent nutrients like fiber, potassium and vitamin C.



Fresh cut veggies like bell peppers, carrots and cucumbers go great with low-fat ranch or hummus for an extra kick of flavor!

String cheese and cheese slices taste awesome with whole grain crackers or pretzels. Hard-boiled eggs are a wonderful source of protein.



Granola bars (nut-free for our allergic friends!), lightly salted popcorn, and small bags of whole grain cereal are a good source of fiber.