

Give junk food the boot. **Choose veggies & fruit! Pledge to bring back** healthy sideline snacks!



### **Helpful Tips**

- Parents, life is busy enough! Snacks don't need to be fancy.
- Have the vegetables or fruit washed and ready to grab and eat.
- Use snack sized baggies or small paper cups for portioning your snack.
- Pack in a cooler or container with ice packs to keep cool.
- Water is the best choice to satisfy thirst!

### Healthy Srack Ideas

Apples Peaches Oranges Watermelon Grapes Cherries Kiwi Pears

Cantaloupe Mango Strawberries Cucumbers Blueberries Blackberries Bananas Plums **Pineapple** Nectarines

Carrots Sugar snaps Peppers Celery Honey Dew Cherry Tomatoes Melon Clementines Cucumber Apricots

My Scheduled Snack Day(s) are: Peterborough Public Health

# Ghoose<sup>to</sup>Boost Veggies&fruit

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