

# Choose to Boost Veggies & Fruit

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 Snack Ideas

Apples	Peaches	Sugar snaps	Carrots
Oranges	Cantaloupe	Mango	Peppers
Watermelon	Strawberries	Cucumbers	Celery
Grapes	Blueberries	Cherry Tomatoes	Honey Dew
Cherries	Blackberries	Clementines	Melon
Kiwi	Bananas	Plums	Cucumber
Pears	Pineapple	Nectarines	Apricots

My Scheduled Snack Day(s) are:



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