

EATING SMART ON THE RUN

Take It with You... Create Your Own Snack Bag

IDEAS FOR YOUR SNACK BAG

Dry unsweetened cereal
Fresh fruit
Rice cakes
Raisins or other
dried fruits
Pretzels
Graham crackers
Low-fat granola bars
Baked chips
Low-fat crackers
Vanilla wafers
Bottled water

ADDITIONAL ITEMS

Vegetable sticks
or baby carrots
Yogurt
Pudding
Cottage cheese
String cheese
Juice boxes

