

# Healthy Snack Options for Your Team



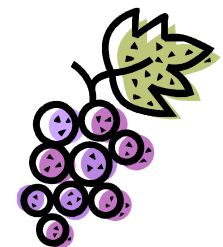
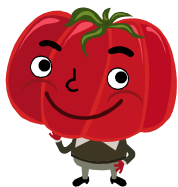
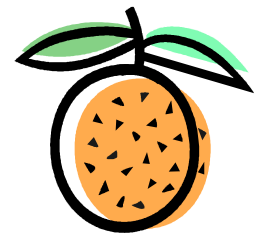
## Healthy Drinks

1. 100% Orange Juice
2. Gatorade-small bottle
3. Bottled water
4. Fruit Water
5. 100% Apple Juice
6. Juicy Juice
7. Milk
8. Vegetable Juice  
(V8 fruit mixers)
9. Unsweetened Teas
10. 100% Grape Juice



## Healthy Snacks

1. Fruit Wedges
2. Fresh Veggies
3. Cheese Sticks
4. Yogurt– Gogurt
5. Popcorn
6. Trail Mix  
(Nuts,raisins,pretzels,M&Ms)
7. Granola Bars
8. Chex Mix-original
9. Dried Fruits
10. Crackers & Cheese



Any of these things are good for you, as always in moderation. When looking for snacks remember kids also need a snack to provide energy and replace what was lost while exercising.



These are just a few suggestions for you but remember the most important part of healthy eating is making healthy choices, so let's get our kids on the right track for a healthy lifestyle!

