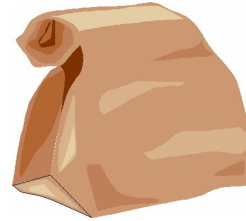


Quick & Easy Snacks

- Baby carrots
- String cheese
- Pretzels
- Peanuts
- Baked tortilla chips with salsa
- Low fat yogurt topped with fruit
- Whole fruit
- Sliced vegetables, plain or dip in low fat dip or dressing
- Frozen fruit juice bar
- Cereal topped with low fat milk or yogurt
- Mix fruit into a pudding cup
- Dip fruit in low fat yogurt or peanut butter
- Peanut butter and banana slices rolled in a flour tortilla
- Leftover chili in a pita pocket
- Leftover rice and beans in a tortilla, add cheese and salsa for fun
- Half a bagel or english muffin (toasted) topped with cheese or peanut butter
- Half a bagel or english muffin topped with spaghetti sauce, cheese and veggies
- Low fat popcorn
- Graham crackers with peanut butter and a glass of low fat milk
- Cold cereal (5 grams of fiber or more per serving) mixed with dried fruit (raisins)
- Frozen yogurt topped with fruit or nuts
- Baked potato with cheese or salsa
- Toast with melted cheese
- Salad with low fat dressing



Add your favorites to the list:



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow