

FUEL YOUR BODY WITH SMART SNACKS!

... A GUIDE TO BUILDING BETTER SNACKS ...

HI
THERE!

Did you know that snacks aren't just for when you're hungry... they're also **fuel** for your body and **brain**?

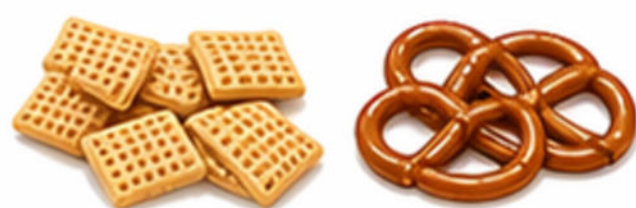


BUILD YOUR OWN TRAIL MIX!

Create a balanced snack by mixing:

CRUNCHY:

- Chex cereal
- Pretzels



SWEET:

- Raisins
- Banana chips
- A few M&M's



PROTEIN POWER:

- Cashews
- Sunflower seeds



TIP: Aim for a mix of at least 2–3 different types for the perfect balance!



DON'T FORGET TO HYDRATE!

Water is just as important as food!

- ✓ Stay energized
- ✓ Focus better
- ✓ Feel strong and refreshed

WHY SMART SNACKS MATTER

Choosing balanced snacks can help you:

- ⚡ Stay energized throughout the day
- 📖 Focus better in school
- 💪 Keep your body strong and growing
- 🧘 Feel your best—inside and out

MORE SMART SNACK IDEAS



Banana + peanut butter



Apple slices + cheese



Carrots + hummus



Greek yogurt + berries



Air-popped popcorn + nuts



Whole grain crackers + turkey or cheese

REMEMBER:

SNACKS = FUEL FOR YOUR BODY!

Choose foods that give you energy **and** taste good.