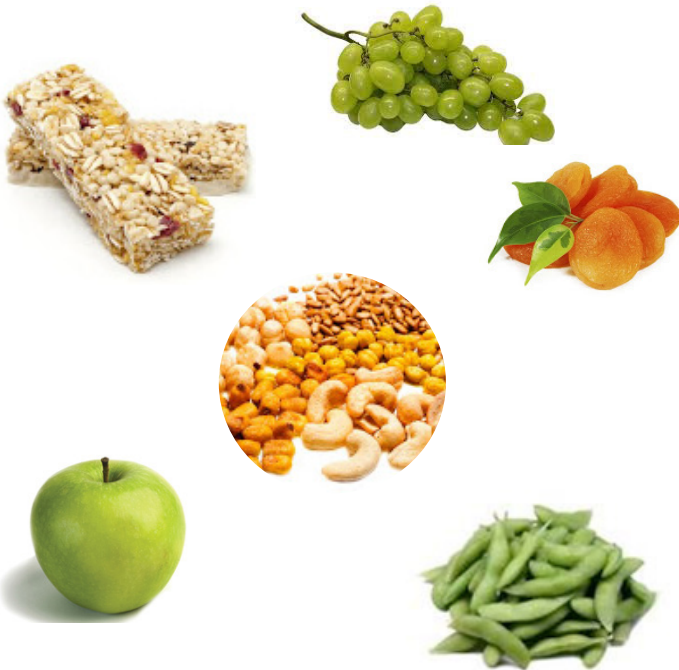


Healthy Snacks on the Go

When we have healthy snacks on hand, we can avoid becoming too hungry and making less healthful choices. One of the keys to success is making sure that healthy options are always available. Read on for some tasty tips, and remember: never leave home without a healthy snack!



Healthy Snacks to Pack:

- Unsweetened apple sauce
- Rice cakes (plain or with nut butter)
- Raw vegetables
- Whole grain pretzels
- Fresh fruit—whole slices or blended
- Air-popped popcorn
- Kale chips
- Dry roasted or raw nuts
- Dried fruit (without added sugar or oil)
- Pumpkin or sunflower seeds
- Roasted edamame or chickpeas
- Kind bars or other minimally processed bars such as Larabars and Raw Crunch bars
- Cheerios, granola, or other healthy cereal
- Trail mix made with dried fruit, raw nuts and seeds, and/or dark chocolate chips

Quick tip: Have your child help you come up with healthy “to-go” snacks that you can keep in the car, in your bag, and in your child’s backpack!

For more information, tips, and activities, visit Wellness Foundation’s website at www.wfeh.org.