

Healthy Snacking During All Seasons

As the seasons change so does the food that we eat. This can make it hard to come up with ideas for healthy snacks. As spring and summer are fast approaching we want to help give you ideas of perfect healthy snacks to feed you and those who are in your home. When choosing a snack fresh is always a good idea. Fresh fruits and vegetables are easy to pack and take with you. They also provide great nutrition to your body and mind.

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- ❖ Yogurt is packed up of good nutrients such as calcium and protein. You can freeze it for those warm summer months and it will taste like a creamy popsicle
- ❖ Baby carrots and celery are always a great go to for vegetables. Mix it up with some peanut butter, salsa, or a cheese stick add something new and delicious to an old go to snack.
- ❖ Try freezing your grapes. This makes a cool and quite scrumptious treat and all you have to do is pop them in the freezer.

There are so many ideas out their online for quick, creative, and tasty snack ideas. Try some of these ideas or go find some of your own



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