



FOODPLAY's Favorite Fun Snacks

Good for your health and the health of the planet!

- ★ Fruit – grab a piece of fruit and eat it on the way!
- ★ Fruit Parfait – layers of yogurt and cut-up fruit
- ★ Fruit Dippers – cut-up fruit dipped in yogurt or nut butter
- ★ Fruit Smoothie – blend fruit, fruit juice, and yogurt
- ★ Veg Out – baby carrots, celery sticks, broccoli trees, green pepper pinwheels with salad dressing, dip, or hummus
- ★ Leftovers like rice and beans, tofu stir fry, or pasta salad
- ★ Almonds, peanuts, sunflower seeds, pumpkin seeds, soynuts
- ★ Trail mix – nuts, seeds, raisins, and dry cereal or popcorn
- ★ English muffin or pita bread pizza with veggies
- ★ Popcorn sprinkled with cinnamon or parmesan cheese
- ★ Whole grain cereal, milk or soy milk, and cut-up fruit
- ★ Crackers with apple butter, nut butter, hummus, or guacamole
- ★ Mini sandwiches, quesadillas, tacos, or roll-ups
- ★ 'Soda Naturale' – half 100% fruit juice, half seltzer



Kids, Parents, Teachers!
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Top 10 Tips to Treat Your Body Right!



1. Fuel up with *breakfast* every day!
2. Fruits & Veggies - more, more, more!
3. Balance your diet with MyPlate!
4. Cut down on *sugar* and *fat*!
5. Read it *before* you eat it!
6. Go fresh! Choose foods that are good for your health and good for the health of the planet!
7. Get enough *sleep* and *relaxation*!
8. Have fun being active every day!
9. Feed healthy food to your *body* and positive messages to your mind - "I can do this!"
10. Remember, every *body* is different, and different is a good thing! Feel good about **YOU!**



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