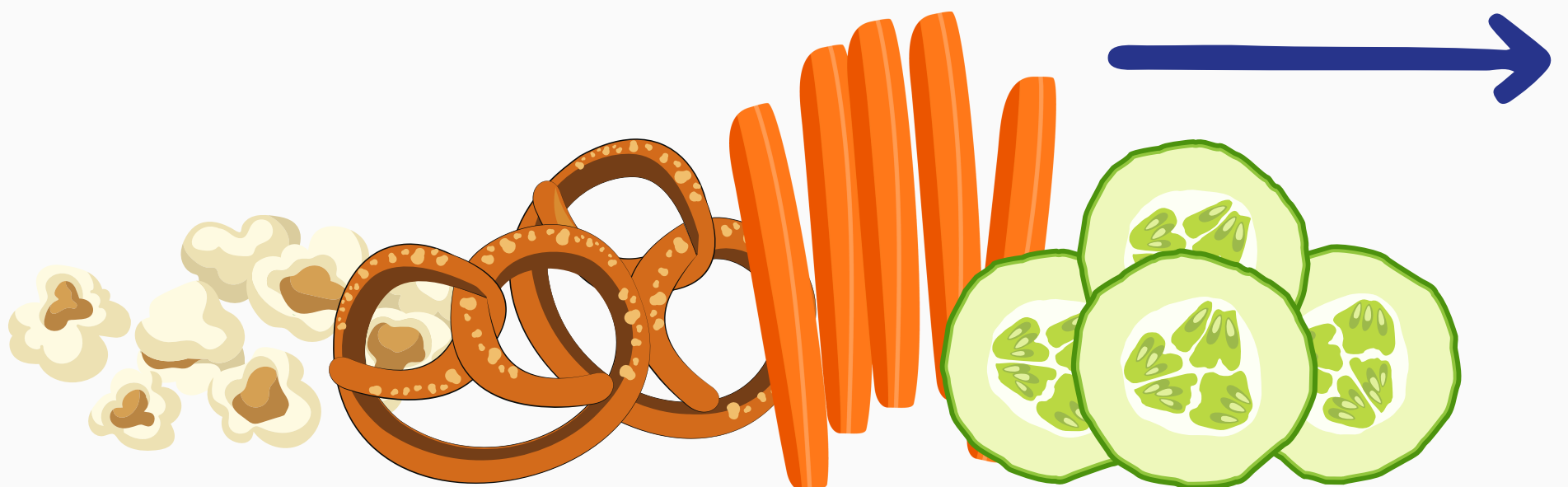


SIMPLE SNACK IDEAS FOR

BACK TO SCHOOL



Center for Community Health & Prevention



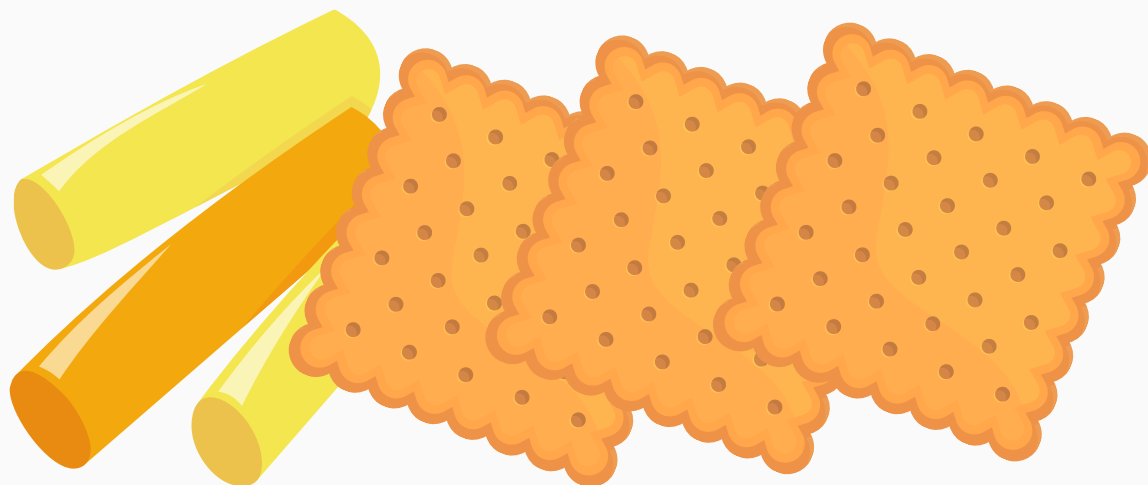
UR
MEDICINE

SMART CARBS & PROTEINS

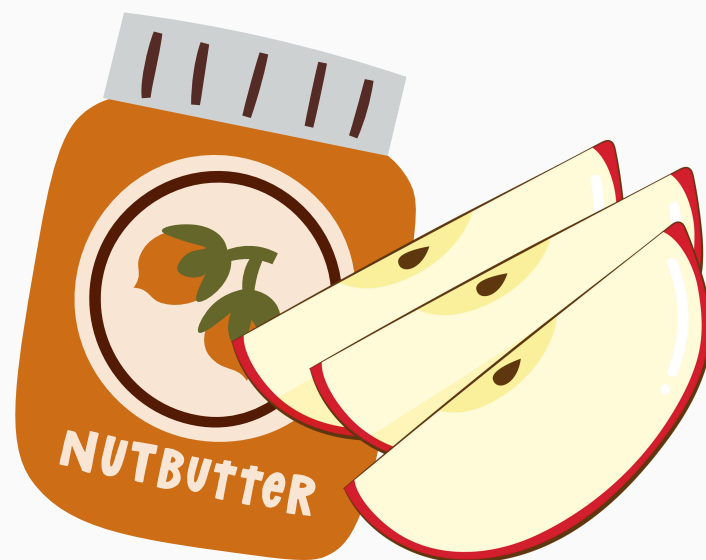
- Carrot + cucumber sticks
with hummus



- String cheese + whole grain crackers



- Trail mix
- Greek yogurt + berries
- Turkey + cheese roll up with whole grain crackers
- Cottage cheese + berries
- Apple slices + nut butter (almond, peanut, or sunflower for allergy-safe schools)



GRAB & GO

SNACK BINS

- **FRIDGE BIN:** Yogurt tubes, cheese sticks, fruit cups, pre-cut veggies
- **PANTRY BIN:** Granola bars, popcorn bags, trail mix, whole grain crackers

