



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 – yogurt with layers of cut-up fruit
- ★ Veg Out – baby carrots, celery sticks, broccoli trees, and green pepper pinwheels with dip or salad dressing
- ★ Trail mix – nuts, seeds, raisins, and dry cereal
- ★ English muffin or pita bread pizza
- ★ Popcorn, sunflower seeds, pumpkin seeds, almonds
- ★ Salsa Sticks – melt low-fat cheese on tortilla, roll up and dip into salsa (great with beans inside too!)
- ★ Leftovers like rice and beans or pasta salad
- ★ Whole grain cereal, milk, and cut-up fruit
- ★ Crackers or rice cakes with cheese, nut butter, or hummus
- ★ Fruit Smoothie – blend 100% fruit juice, yogurt, and fruit such as frozen banana and/or strawberries
- ★ 'Soda Naturale' – half fruit juice (100%), half seltzer

KIDS, PARENTS, TEACHERS:
Visit us for more food fun:
www.foodplay.com



Put me
on your
fridge!

Top 10 Tips To Treat Your Body Right!



1. Eat breakfast every day!
2. Fruits & veggies - more, more, more!
3. Fuel up on a variety of Pyramid Power foods!
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!
10. Remember, every body is different, and different is a good thing! Feel good about YOU!



FOODPLAY[®]
productions

Turning kids on to healthy habits!