

Eat Smart To Play Hard

Try These Quick and Easy Summer Snacks*



CARROTS + HUMMUS



APPLE + PEANUT BUTTER



DRINK WATER WITH YOUR SNACK INSTEAD OF SUGAR-SWEETENED BEVERAGES.



BROCCOLI + LOW-FAT VEGGIE DIP



FRUIT + LOW-FAT YOGURT



PEACH + LOW-FAT COTTAGE CHEESE



CHERRY TOMATOES + LOW-FAT CHEESE



BEAN DIP + BAKED CHIPS



* Children under 4 years of age are at the greatest risk of choking. It is important to make sure that food is served in the appropriate sizes, shapes, and textures to reduce the risk of choking. For more information on choking prevention, visit <http://www.fns.usda.gov/sites/default/files/supplementA.pdf>.