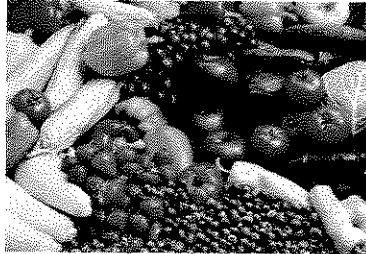


1-INGREDIENT SNACKS

A Healthy Snack Challenge



Students can join the challenge every day by bringing in a snack that has only one ingredient- itself!

Can you combine more than one 1-ingredient snack? You bet! Take the challenge and discover all the healthy *1-ingredient snacks* you can combine!

Here are just a few suggestions for 1-ingredient snacks.

All fruits

Berries, apples, pears, peaches, bananas, kiwi, mango, pineapple, melon cubes, grapes, cherries, raisins, dried apricots, prunes, unsweetened dried cranberries, and dried cherries, and unsweetened canned fruits.

All vegetables

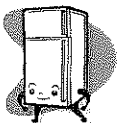
Carrots, celery, peppers, cucumbers, water chestnuts, sugar snap peas, leafy greens, broccoli florets, cauliflower, and cherry tomatoes.

Nuts and Grains

Popcorn, sunflower seeds, pumpkin seeds, and nuts. (Please remember that we have students with severe peanut allergies, so peanut products are not recommended.)

Drinks

Water, milk, 100% fruit juice



Post this list on your refrigerator! ☺