

Start The School Year Right WITH SMART SNACKS

It's that time of the year again... the start of the school year for your child. This can be a busy and stressful time for students and their families, but you can set your child up to stay at the top by making sure healthy snacks are readily available. Do your part by encouraging your child to snack smart, make it good for the heart and skip the mini-mart!

HOW MUCH DO YOU KNOW?

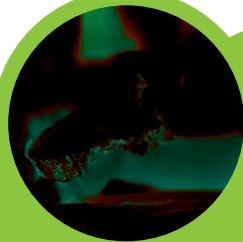
Take The Revolution Foods Snack Smart Quiz:

Snacks are important for my child because:

- A.** Snacks help provide continuous energy and nutrition to the body and brain
- B.** Snacks can help a child calm hunger between meals, which prevents a child from getting distracted and losing focus
- C.** Snacks between meals can prevent overeating at the dinner table
- D.** All of the above

The best snack choice that will help my child perform well on tests could include:

- A.** Cookies and juice
- B.** Whole wheat crackers and cheese
- C.** Potato chips and soda
- D.** Pretzels and baby carrots
- E.** B and D



Combine snacks from 2 food groups to include the most nutrients in your child's diet

Mix And Match -
Choose At Least 2
From Different Groups

Revolution Foods snacks always include 2 healthy components. Our snack menu features high quality items that do not contain artificial trans fat, high-fructose corn syrup, artificial flavors, colors or preservatives.

GRAINS

whole wheat toast
whole grain crackers
rice cakes
cold cereal (<6gm sugar per serving)
pretzels
granola
graham crackers

PROTEIN

string cheese
low-fat cottage cheese
nuts
sunflower seeds
peanut butter
low-fat yogurt
hummus

FRUITS & VEGGIES

apples
oranges
mangos
baby carrots
jicama
cucumber slices
apple sauce (unsweetened)