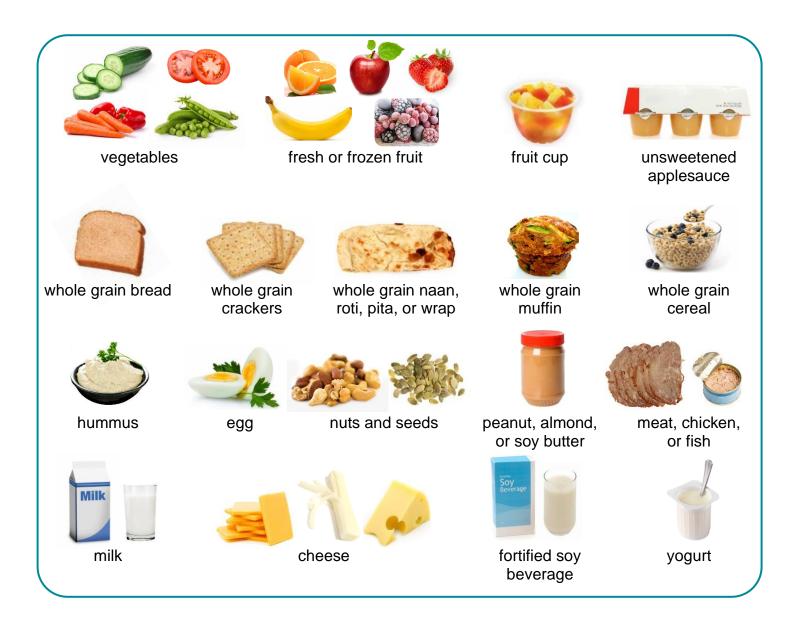
# Snacks

## Choose healthy snacks every day.

These foods contain many nutrients. Choose one or more foods to make a snack.



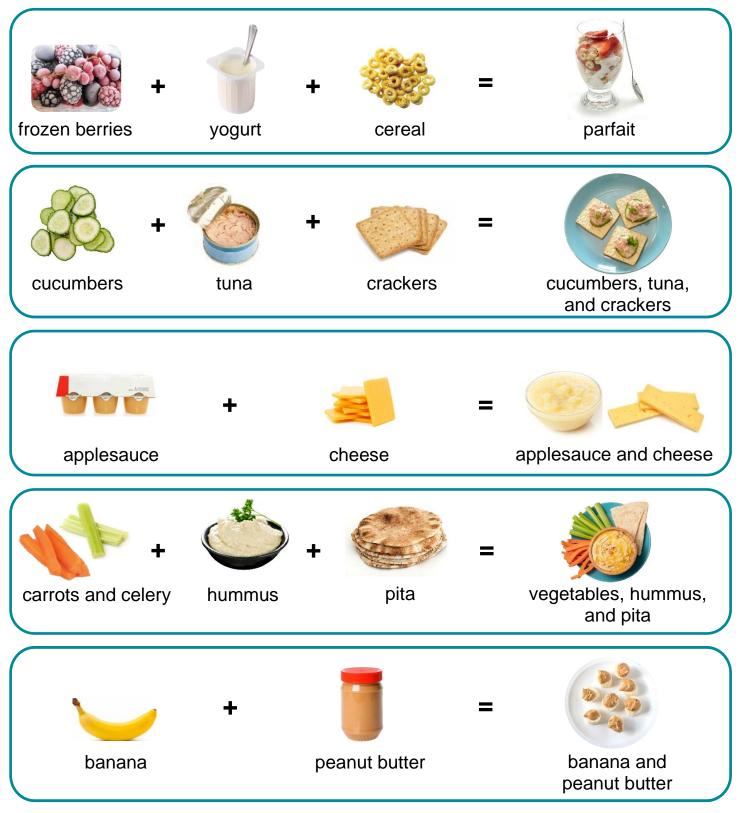


### Choose:

- water when you're thirsty
- vegetables and fruit instead of juice



## **Snack ideas**



#### For more snack ideas and recipes go to www.ahs.ca/recipes.

Snacks	Page 2 of 2	404319-NFS (Oct 2023)
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