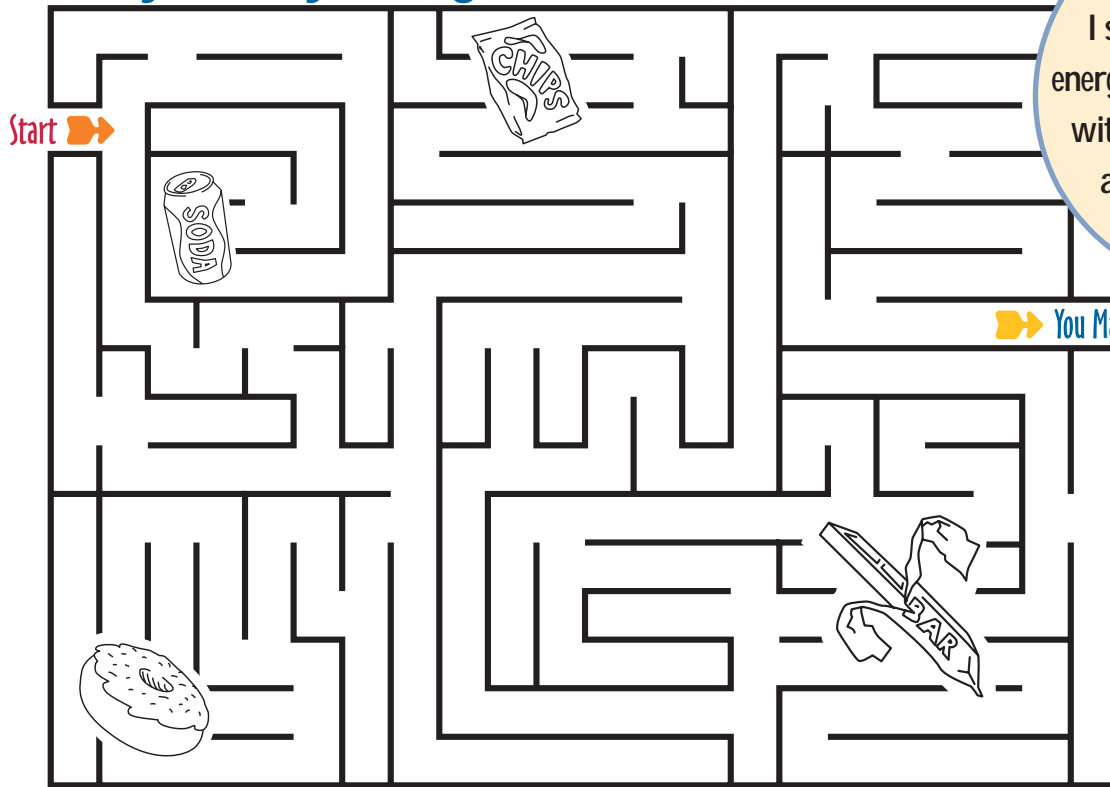
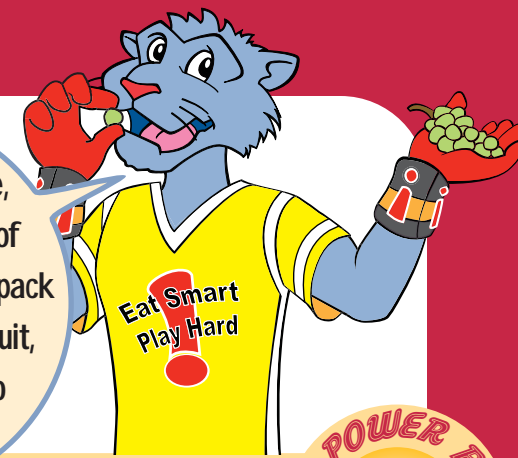


Grab Quick & Easy Snacks

Find your way through the Snack Maze

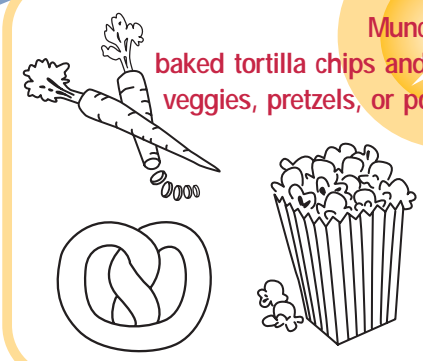


Eat less 'dead end' snacks high in sugar, fat, and calories.



When I go on a hike, I sometimes run out of energy, so I fill my backpack with pretzels, dried fruit, and bottled water to keep me going.

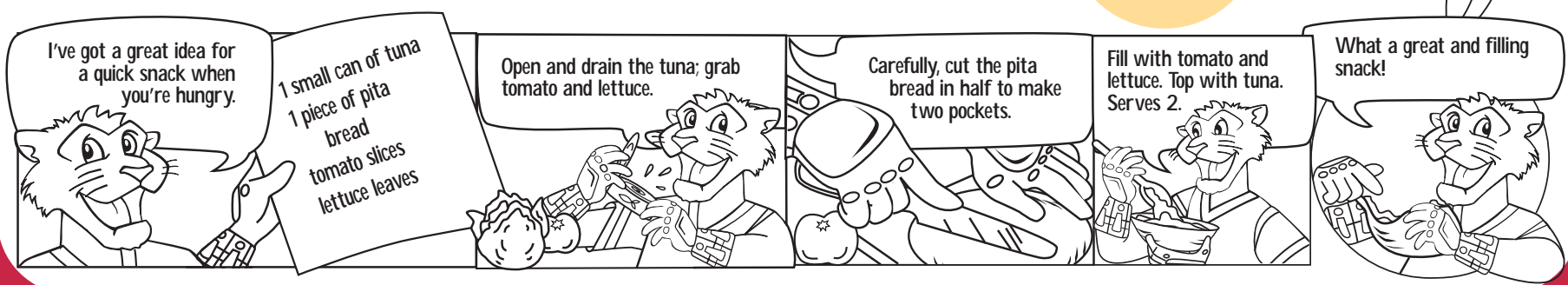
POWER POINTS
Munch on...
baked tortilla chips and salsa, veggies, pretzels, or popcorn.



FUNNIES
What has appeal?



Tuna Pita Sandwich



Funnies Answer: A banana.

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard



