



**COLORING CORNER:**



Image obtained from [www.handipoints.com](http://www.handipoints.com)

**RECIPE CORNER:**

**Trail Mix My Way**

**Ingredients:**

¼ cup raisins

¼ cup oat cereal

¼ cup surprise! (Healthy snack of *my* choice!)

¼ cup nuts (optional)

**Instructions:**

Place all ingredients in a bowl and share with some friends!

**Healthy Snack Ideas:**

R	B	A	N	A	N	A	P	Q	L	T	K	L	O	U	H	B	O	L	C
Q	T	S	W	E	R	S	T	B	P	O	N	M	S	H	G	R	A	A	R
R	R	E	D	P	E	P	P	E	R	S	W	A	T	E	R	L	T	O	A
T	F	D	G	P	G	A	K	A	L	M	M	F	R	O	U	I	C	A	C
Y	E	A	D	G	R	R	V	N	U	T	S	A	A	C	J	K	E	P	K
R	O	R	Y	D	U	A	Q	S	R	T	T	A	W	T	K	D	R	D	E
T	Y	G	P	L	O	G	R	A	P	E	S	H	B	G	M	F	E	E	R
R	T	O	U	X	T	U	N	A	A	G	A	H	E	J	K	I	A	E	S
W	O	I	J	R	K	S	G	L	C	E	L	E	R	Y	R	E	L	W	O
L	H	G	Y	R	T	D	E	O	A	U	A	V	R	B	R	P	C	K	K
S	B	C	E	O	R	T	A	L	E	W	D	L	Y	M	N	O	F	R	A

**Did you find them all?**

- Asparagus
- Banana
- Beans
- Celery
- Crackers
- Egg
- Grapes
- Low Fat Milk
- Oat Cereal
- Nuts
- Red Peppers
- Salad
- Strawberry
- Tuna
- Water
- Yogurt



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation