

# The **BACK** to **SCHOOL** Guide For **BUSY FAMILIES!**





## Fresh Snack Solutions

- Baby Carrots
- Mini Peppers
- Apple Slices
- Bananas
- Grape Tomatoes



**Grab & Go snacks that will keep your little one fueled between class to soccer practice!**

## Snack Attack

- Yogurt
- Popcorn (unsalted)
- Rice Cakes with PB&J
- Homemade Energy Bites 
- Nuts & Dried Fruit
- String Cheese
- Fruit Smoothies (with fresh or frozen fruit)
- Peanut Butter Banana Quesadillas 

**Healthy alternatives for midmorning snacking or after school munchies!**

## School Year Survival Kit

- Anti-Bacterial Gel
- Hand Wipes
- Travel-Size Tissues
- Multi-Vitamin
- Chapstick (prevent chapped lips!)

**Keep your little one germ free!**