make	it.	fast	eat	it	slow

Top Ten Favorite Snacks (example sheet) Snack Item Groceries Needed 1 Celery with peanut butter 2 Apple with peanut butter 3 Popcorn and nuts 4 Fruit and cheese 5 Yogurt with fruit or granola 6 Raw veggies and dip 7 Hummus with veggies Mozzarella stick cheese with crackers 8 9 Nuts and fruit or dried fruit Pretzels and nuts 10

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