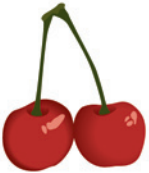




Cool Snacks!

Having healthy snacks readily available in the refrigerator is important — especially when kids are helping themselves. After school or on the weekends, kids often prepare a light meal or snack themselves. Ensure your kids are grabbing the best snacks by stocking your refrigerator with some of the following items in snack-sized portions:

Vegetables and Fruit



- Fresh fruit or vegetables washed and cut for easy munching.
- Juice boxes ~ 100% juice or 100% juice blend ~ freeze them for a slushy!
- McCain Superfries™ ~ low-fat premium

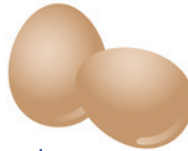


Grain Products

- Kellogg's® Eggo® Plus ~ Fibre
- Homemade whole grain pancakes or waffles ~ make in bulk and freeze. Kids can pop them in the microwave or toaster for a quick snack.

Milk and Alternatives

- Dairyland Li'l Ones™ and Dairyland™ Fat Free Classic vanilla yogurt
- So Good™ and Soy Nice™ Plus vanilla or original soy beverage
- Danone Silhouette™ Smoothie ~ fieldberry flavour
- Milk ~ skim, 1%, 2% or whole milk
- Cheddar and mozzarella cheeses
- Black Diamond™ cheese strings
- Babybel® cheese



Meat and Alternatives

- Boiled eggs ~ boil ahead and leave in refrigerator
- Hummus
- Butterball® Hot Dog Turkey Franks
- Compliments™ Junior Mickey burgers
- M&M Meat Shops® veggie burger

Mixed Foods

- Amy's® Burrito ~ bean and cheese
- President's Choice® Blue Menu™ cheese and spinach cannelloni

