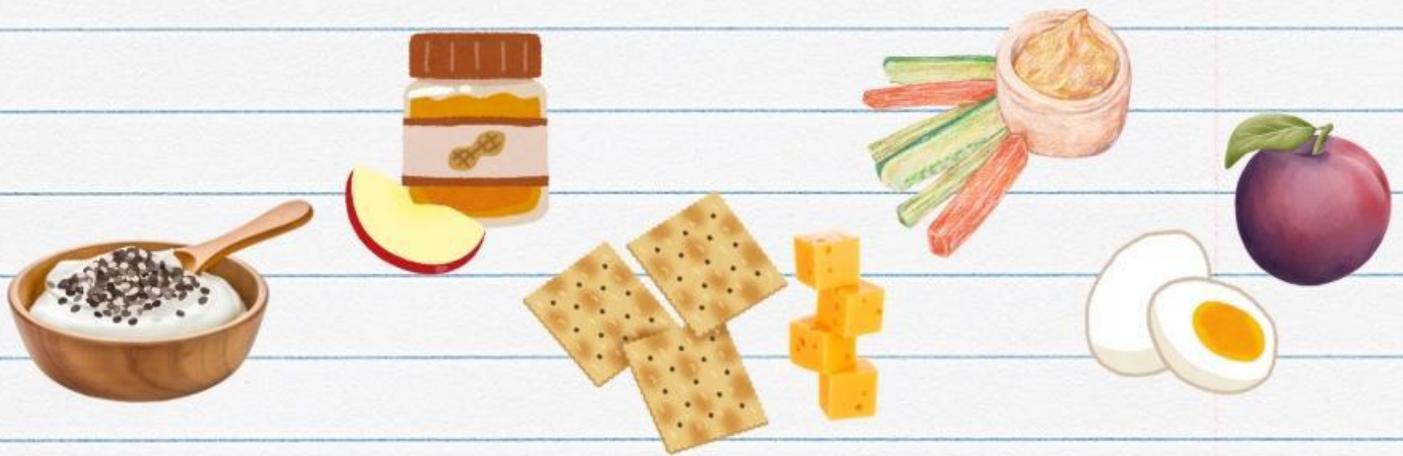


BACK TO SCHOOL

SMART SNACK IDEAS



APPLE SLICES WITH PEANUT BUTTER

GREEK YOGURT WITH GRANOLA

WHOLE GRAIN CRACKERS WITH CHEESE

HUMMUS AND VEGGIE STICKS

HARD-BOILED EGGS AND A SMALL FRUIT

COMBINING PROTEIN AND CARBOHYDRATES SUPPORTS
STEADY ENERGY AND SHARPER FOCUS, WHILE ALSO
REDUCING THE RISK OF HIGHS AND LOWS