

# FIVE ON THE FLY

## Choosing Healthy Snacks When I am Away from Home

1

### PLAN AHEAD.

Pre-pack healthy snacks like nuts, fruit, yogurt, granola bars, plain jerky and water.

Kids can eat in the car, refuel and have enough energy to fly off to their next activity.



2

### STOP AT A GROCERY STORE.

Help my kids find healthy snacks such as fruit, pre-cut veggies, hummus, trail mix etc.

3

### FIND HEALTHY OPTIONS AT THE CONVENIENCE STORE.

Challenge my kids with a scavenger hunt to find the trail mixes, granola bars, water, fruit, yogurt, etc.



### VISIT THE VENDING MACHINE.

Choose the healthiest options like popcorn, pretzels, granola bars or water instead of potato chips, candy, pop, and juice.

4



### STOP AT A LOCAL BAKERY OR COFFEE SHOP.

Find a snack that boosts energy (bagel and cream cheese, bran muffin, etc.)

5

