



cook together, snack together

Snacks are easy and fun to make!

You and your child will feel better when eating healthy snacks instead of sugary snacks.



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Mini fruit kabobs
made with fruit slices on pretzel sticks.



cocinen juntos, coman bocadillos juntos

¡Es divertido y sencillo preparar bocadillos!

Tú y tu hijo se sentirán mejor cuando coman bocadillos saludables en lugar de bocadillos azucarados.



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Mini kebab
de rodajas de fruta en palitos de pretzel.