

# 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.*



© Nutrition Matters, Inc.  
All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.



**Mini fruit kabobs**  
made with fruit slices on pretzel sticks.

# 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.*



© Nutrition Matters, Inc.  
All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.



**Mini fruit kabobs**  
made with fruit slices on pretzel sticks.