

# fruity popsicles

*Use juice to make a cool,  
healthy snack.*

**Make popsicles with 100% fruit juice.** Pour juice into popsicle molds or a small paper cup with a popsicle stick. Freeze overnight.



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

# paletas de frutas

*Use jugo para preparar un  
refrigerio fresco y saludable.*

**Haz paletas de helado con jugo 100% de fruta.** Vierte el jugo en moldes para paletas o en un vasito de papel con un palito para paletas. Déjalas en el freezer toda la noche.



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