



Eat Smart on the Go!

- Order the kid's size meal. You will save money and extra calories.
- Stash easy to carry, non-perishable foods in your bag. Try peanut butter and crackers, a piece of fresh or dried fruit, almonds, granola bars, pretzels or trail mix. All are easy to grab and go.
- When selecting a sandwich, choose turkey, chicken, ham or lean beef on whole-grain bread. Add lots of veggies to your sandwich and choose low-fat spreads such as ketchup or mustard.

