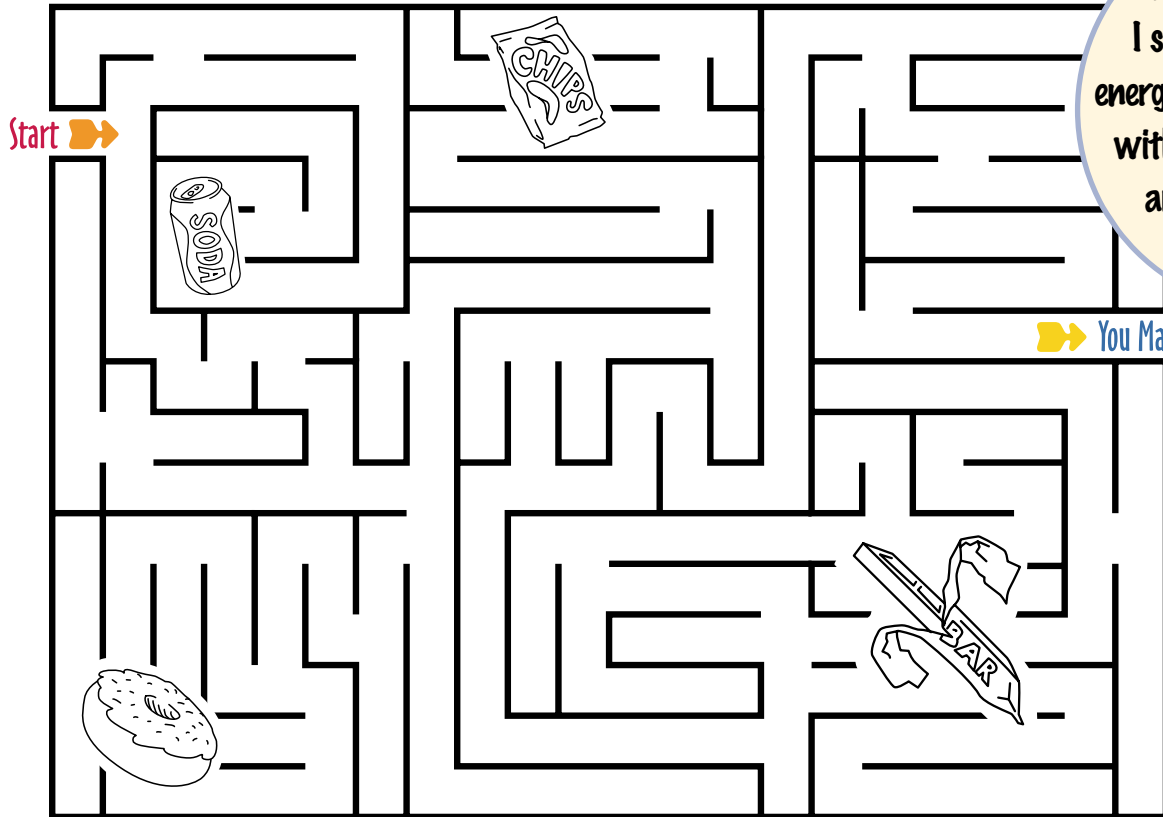


# Grab Quick & Easy Snacks

Find your way through the **Snack Maze**

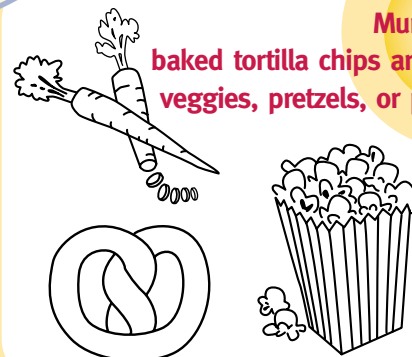


Eat less 'dead end' snacks high in sugar, fat, and calories.

When I go on a hike, I sometimes run out of energy, so I fill my backpack with pretzels, dried fruit, and bottled water to keep me going.

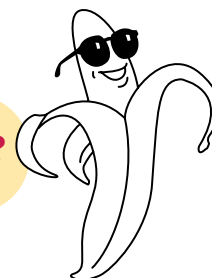


**POWER POINTS**  
Munch on...  
baked tortilla chips and salsa, veggies, pretzels, or popcorn.

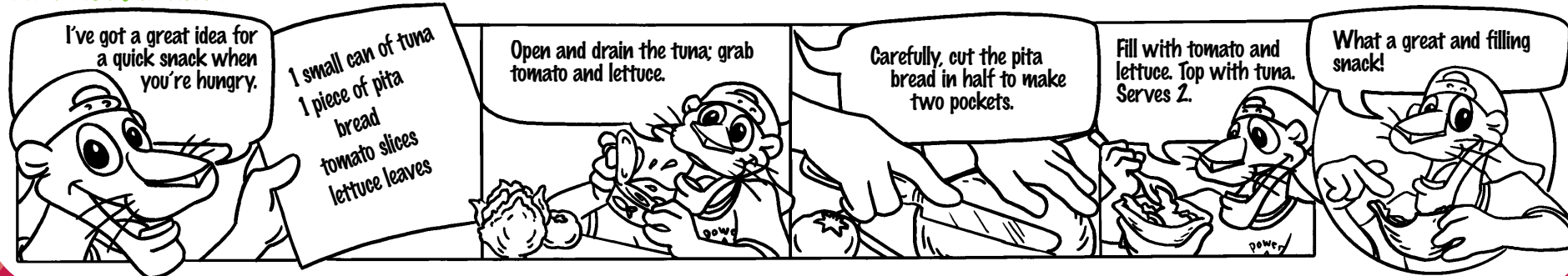


**FUNNIES**

What has appeal?



## Tuna Pita Sandwich



Power Panther™ says... Eat Smart. Play Hard.™