

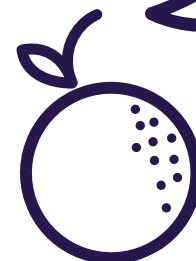
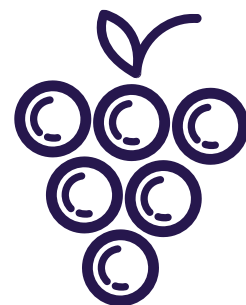


EASY, HEALTHY SNACKS TO KEEP AROUND THE HOUSE

**KICK OUT THE JUNK FOOD,
SAY BYE-BYE TO PROCESSED SUGARS,
EMBRACE THE TASTE OF NUTRITIOUS
& DELICIOUS HOMEMADE SNACKS!**

DID YOU KNOW?

Many pre-made, pre-packaged snacks found at the grocery store have a high sugar content, low nutrition value and don't actually give your children the nutrients they need for building strong bodies. We call these snacks "fillers". Your goal should be to replace these fillers with live foods and healthy snack options that leave your child satisfied, plus giving them the vital nutrients needed for growing healthy and strong!



THE "EAT ME BOWL"



This is an easy-to-stock bowl that sits out on your counter with a big sign that says "Please Eat Me 😊". Fill the bowl with snacks that will not spoil if left out throughout the day. Help your children get in the habit of going to the Eat Me Bowl when they are in search of a snack. This way they get to choose what they want, although you ultimately choose ingredients that are healthy and nutritious.

Choose This ... Not That

Apples		Apple Sauce
Grapes		Grape Juice
Bananas		Ice Cream
Pears		Yogurt
Strawberries		Fruit Snacks
Oranges		Push Pop
Carrots		Pretzel Bites
Baby Cucumbers		Pickles
Baby Bell Peppers & Avocado		Ranch Flavored Potato Chips
Brocoli		French Fries
Baby Tomatoes		Salsa or Queso Potato Chips
Celery		Peanut Butter Sandwich Crackers
Organic Peanut Butter on Whole Wheat Crackers		

Young Living VS Grocery Store

Wolfberry Crip Bars		Energy Bars
Chocolate Coated Slique Bars		Chocolate Candy Bars
NingXia Zing		Soda
NingXia NITRO		Energy Drinks
Einkorn Granola		Granola Bars
NingXia Wolfberries & mix with nuts		Trail Mix with nuts & sweet candy fillers
2oz NingXia Red Packets (frozen)		Popsicles or Ice Cream
Homemade Lavender Lemonade		Sugary Lemonade or Fruit Juice
Homemade Einkorn Muffins or Bread		Donuts or Bagels
Homemade Oatmeal Wolfberry Cookies		Chocoate Chip Cookies

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