

# Smart Snacking

## Crispy Fruit Snacks In The Lunchbox Get An A+

(NAPSA)—What your child eats for lunch matters more than you might realize, say the experts at the U.S. Centers for Disease Control and Prevention (CDC). A healthy lunch and nutritious snacks can help keep your little scholars happy and attentive throughout the school day.

The CDC recommends making sure you include a “combination of foods” when you pack school lunches and, for “something sweet, grab a piece of fruit.” Your kids can “enjoy the naturally sweet taste while loading up on vitamins, fiber and other nutrients” instead of empty calories.

Making that easier are freeze-dried, 100 percent pure fruit snacks that come in convenient single-size serving bags. There are no preservatives and no added sugar, oils or fats—just fruit. What’s more, they’re non-GMO Project Verified, kosher and have 55 calories or less per bag.

The snacks come in seven flavors that kids like: apple, Asian pear, banana, cantaloupe, mango, pineapple and tangerine. All these Crispy Fruit flavors are available in convenient 6-pack or individual, single-serving “Grab & Go” bags.

### Why Freeze Dried

Major benefits of freeze-dried fruit are:

- Light and flavorful
- Retain nearly all the nutrients of fresh fruit
- Long shelf life.

### Power That Lunchbox

When it comes to providing healthy meals and snacks, parents can “Pro-Pack-tive” in two other ways.

**First**, visit [www.poweryourlunchbox.com](http://www.poweryourlunchbox.com) to find a wide variety of creative and delicious lunch options, such as:



**Making a healthy, tasty school lunch can be a breeze with Buffalo Chicken Pinwheels.**

### Buffalo Chicken Pinwheels

- 8 oz. cooked shredded chicken breast
- 2 Tbsp. Vegy Vida Cool Buffalo dip
- 1 Tbsp. shredded carrots
- 2 (8-inch) tortillas
- ½ cup Pero Family Farms sliced mini sweet peppers
- 2 Tbsp. Vegy Vida Kids’ Dip ‘n More Creamy Ranch
- 1 pkg. Crispy Green freeze-dried fruit

Mix chicken, dip and carrots in small bowl. Divide between tortillas. Wrap up and cut into pinwheels.

**Next**, take the Power Your Lunchbox Pledge to eat a healthier lunch. For every parent who does, Produce for Kids will donate \$1 to Feeding America.

### Learn More

For further facts, tips and recipes, visit [www.crispygreen.com](http://www.crispygreen.com). You can also sign up for a one-time **20 percent discount and free shipping**, plus a free, helpful, healthy lifestyle newsletter at [www.crispygreen.com/crispy-green-vip-promotion/](http://www.crispygreen.com/crispy-green-vip-promotion/). To find a retailer nearby that carries Crispy Fruit, go to [www.crispygreen.com/where-to-buy.html](http://www.crispygreen.com/where-to-buy.html).