# healthy promotion experience

# smart snacking & back to school snacks

associates will experience education, recipes and a chance to win.

- Promotion for the Week of August 18, (remove on Friday).
- Promo Table Set up at Entrance of Café
- Print & Post 8.5x11 Promo Flyers (2) Including the Enter to Win
- Print recipe handouts and place on table
- Decorate table with Healthy Snacks for purchase: Bowls of fruit, skinny pop, nut mixes, baked snacks, high protein snacks, etc
- Promote Sweet Loren Allergen Cookies on the promo table and throughout the café.
- Optional: Sample any of the snack recipes on the handout.
- Winners selected the following week for the enter to win!
   Contact them to pick up in the café.
- Snack Bundle includes: 4 baked chips, 4 protein bars, 4 mixed nut mixes and 4 Skinny/Smart Popcorn, 2 Sweet Loren Cookies (if necessary, please sub for other healthy options) and include the winner print out.



### Recipe Handout

### Smart Cookie Energy

Recipes - TAKE A COPY!

Veggies & Hummus Dip Cups. Start by cutting any of your family's favorite veggies into sticks or strips—cucumbers, hell peppers, carrots and celery—or buy list-size options like cherry tomatoses or hav) carrots. Next, place about 2 tablespoons of hummus into the bottom of gept, jndjis/dnaj serving cup. Piace veggie sticks into the hummus and you're done! Don't be afraid to be adventurous with the dip options.

<u>Fire Hie Lose II:</u> Perfectly portioned for after-school needs, these cups make it easier (and more unt) for kids to eat fresh vegetables with no spoon or fork required. Plus, assembling them is a little from the artificity. Inc. This stank is marked with fiber vitamins and minerals were kid mark in the contract of t

Peanut Butter Greek Yogurt Dippers. In a small book combine 1 copt plain Creek yogur, 1 kallespons of reuney peanut hurst and 1 kallespons of home, in tast. Set sides. Next, cut 23 apples into wedge, Sick a nordujck in each piece, dip one end of the wedge into your boad of peanut hurster Creek yogur and roll in sideed almost, billed servicing, May He Lear H. Want to make something for the bids had reled like a treat but is gettally, helpilly This is the perfect obtained. It wholesom, purishe packed an upper cuty to make, but if if there are untallergies in your home or you're making for whool, substitute in sufficient but the first of the size of

Banana SuShi. Lay one whole grain tortilla on the counter, gently spread your favorite almond or peanut butter evenly across it and lay a whole pecked hanana at the end of tortilla. Roll up the tortilla around the banana Sice each log into a and 5 inch thick pieces. Place on a plate and top with honey or your favorite toppings.

Hilly We Love II. You just need five minutes and a few simple ingredients to inspire you youngster to get into the "sushi" game with this recipe. Plus, this whole grain snack has fill fiber and is loaded with notassium. Perfect for meeting the needs of busy kidel

Cucumber Sammies. Cut 2 medium exembers into this alies. Now you're ready to assemble your sandwich. Top each cucumber silice with a thin layer of tratriki and and a silice therry instant. Then put another cucumber silice on top and wtill!

18th His Law JC, Cucumbers are not only incapensive and hydrating, but they have a mild tast most lids will like Pink, they possibilities are endless? From humman to light currean cheese,



### Promo Collateral







The Secret to Snacking Smarter If you grab two or three snacks a day (which is typical), you might consume more than a thousand snacks a year! And that can be a good thing if you're snacking smart.

In this episode of our Five Minutes to Feed Your Potential podcast, Registered Dietitian Regan Henry offers snacking tips and tricks to reduce hunger, increase energy, and power you through your day.





#### **ENTER TO WIN!**

## HEALTHY SNACK BUNDLE

Nut Mix, Popcorn, Baked Snacks and more!



