

Smart Cookie Energy



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 curated by your Café Team
Variety of nut mixes, baked snacks and popcorn.
Last day to enter August 22, 2025.

feedyourpotential365™



Discover what healthy food can do for you. Receive inspiring ideas from expert chefs and dietitians. Sign up and join today.

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.

Questions Email Us Aramark@EdwardJones.com
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