

## Eating on the Fly!

### Satisfying Grab-and-Go Snacks



The right snack can be the difference between a day that's productive and enjoyable, and one plagued by fatigue and grumpiness. If you find yourself wanting or needing a snack on the go, here are some suggestions that will keep you energized...

- Hummus and pretzel pack
- Raw vegetables with ranch dressing
- Hand fruits (apples, bananas, pears)
  - Nuts or seeds
  - Whole grain rice cakes
  - Fruit cups
  - Apple sauce

Click on the link below to read more ideas and all their benefits...

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.