



## Meals On the Go

1. Eat apples slices with low-fat cheese or peanut butter.
2. Keep cut up veggies in a storage bag, for a quick on the go snack.
3. Mom! Bring orange wedges to your child's sports team.
4. Mom! Orange slices make a great snack for kids during sports team's games or practices.
5. Mom! Raisins and other dried fruit like apricots, cranberries, apples, blueberries - even bananas are a perfect go anywhere snack for kids!
6. Quick snacks: raisins, grapes, 100% juice box, carrot/celery sticks with low-fat dip, fruit shake or smoothie, trail mix, frozen fruit bar
7. Take an apple, banana, plum, pear, peach, or other grab and go fruit. Add a low-fat granola bar for a quick and easy breakfast.
8. Make breakfast smoothies with fresh or frozen fruit, low-fat yogurt, and 100% orange juice. They're like milkshakes, take about five minutes to whip up and are easy to drink on the way to school.
9. Sending kids off to school with a sweet roll or apple turnover? Consider low-fat yogurt and granola combinations or fresh fruit cups instead.

[View all >>](#)

©2007-2010 Produce for Better Health Foundation. All rights reserved.