• HERSHEY BEARS®• WELLNESS ALL-STARS



POWER SNACKS

MOVE YOUR MUSCLES IN THE CLASSROOM

Physical activity breaks allow you to energize your body and brain! They are associated with:

- Improved concentration
- Improved academic behavior
- Improved academic achievement

POWER SNACKS INCLUDE: Apples, Bananas, Carrots, and Celery!

Power snacks are:

- Smart
- Nutrient-Dense
- Affordable Choices Kids Seek

Try to include a healthy carbohydrate, protein, and veggies. Having up to 3 healthy snacks a day and eating a wide range of different foods can have a positive impact on health.





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