

HEALTHY ON-THE-GO SNACKS FOR PEOPLE ON-THE-GO!

A NatureFresh™ Learning Initiative



QUICK & DELICIOUS SNACK COMBINATIONS!

PICK A
VEGGIE

PICK A
FLAVOR



GRAPE TOMATOES

FRESH GREENS

CHEESE

SLICED ALMONDS



CUCUMBERS

APPLES

FRESH DILL

RAISINS



BELL PEPPERS

SPINACH

FETA CHEESE

OLIVES

RESULTS = DELICIOUS SNACK IDEAS!

Visit naturefresh.ca for more recipe ideas

NatureFresh
Farms