

# SNACK IDEAS

A RED HAIR GIRL . COM

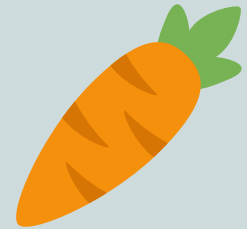
FIRST START  
WITH ONE  
OR TWO OF  
THESE:



FRUIT



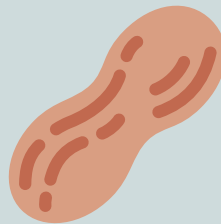
VEGETABLE



DAIRY



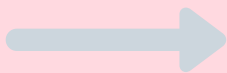
PROTEIN



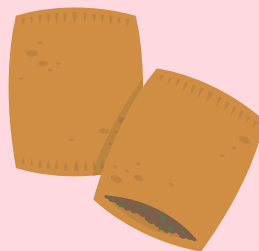
WATER



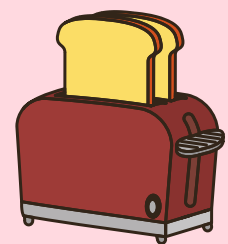
NEXT ADD ONE  
OF THESE:



CRACKERS



BREAD



SOMETHING  
FROM THE  
SNACK BUCKET



DON'T  
FORGET  
TO CLEAN  
UP

