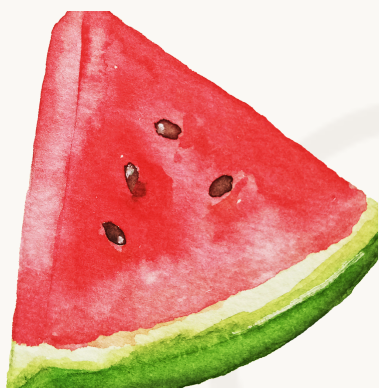


HYDRATION BOOST

SNACK PLATE

Hydrating and nourishing!

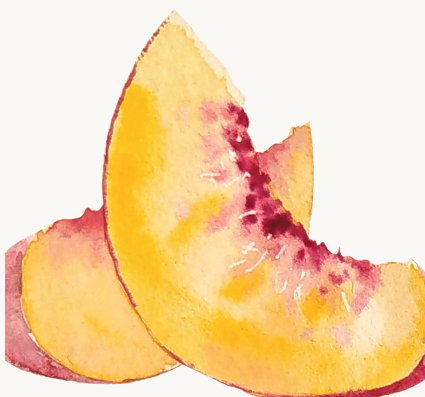


Watermelon

Hydration Hero
High water content +
Vitamin C = perfect for hot
soccer days!

Apples

Steady Energy
Rich in fiber to keep kids full
and focused. Skin on = more
nutrients.



Peaches

Vitamin Power
Packed with vitamins A & C
for energy and healthy skin.

FRUIT PLATE

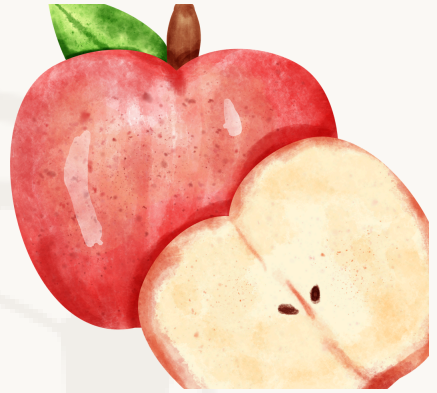
Quick snack for four!



**1/2 small
watermelon**



1 Peach



2 apples

1. Cut watermelon in half and slice into thin wedges
2. Slice apples
3. Cut peach into wedges or chunks
4. Arrange on a platter or pack into reusable containers
5. Done

*Adjust the fruits and
amounts based on
your kids taste*