

EMERGENCY

snack pack

WHAT IS A SNACK?

- a small amount of food eaten not during a meal

WHY SNACK?

- snacks provide you energy
- snacks lower your hunger
- snacks reduce over-eating at your next meal

HEALTHY SNACK OPTIONS



nuts



hardboiled
eggs



cut
veggies



pretzels



fresh
fruit



granola
bars

DRINK UP!



CARRY A WATER BOTTLE

- your body is 60% water
- water lowers hunger
- water protects your spine
- your brain needs water to work right

WHY CHOSE A HEALTHY SNACK?

over eating can lead towards gaining weight, a healthy snack keeps you fuller longer



42%

obese people have a 42% higher medical costs than normal weight people

annual cost for being overweight



\$432



\$524



FRUIT decreases levels of stress, depression, and emotional distress, where chips increase them