



**Make it  
easy to  
choose  
healthy  
drinks.**



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

Content developed by County of Sonoma, Department of Health Services.



# Pick healthy snacks to keep you energized.



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# Mandarins, just peel and eat.



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# Naturally Sweet Strawberries



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# Cucumbers, not just for salads anymore.



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# Make your own trail mix for a healthy snack.



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Need a  
sweet  
treat?  
Grab a box  
of raisins!



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**Looking for a  
quick snack?  
Try one of these  
healthier options.**



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Grab a healthy  
snack to stay  
fueled while  
you're on the go.



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