



Snack Meals

A fun way to increase fruits & vegetables!

A **“snack meal”** is a term used to describe a selection of fruits, vegetables and other snack-like foods that together form a nutritious and fun meal. Snack meals are not only a great way to incorporate more fruits and vegetables into meals, but they are also easy to take on the go! Use this toolkit to promote snack meals as an exciting way to increase fruits and vegetables.

Resource Link: <https://www.nchpad.org/1805/6987/Snack~Meals>

Sample Social Media Messages:

Have fun with fruits and veggies by creating a snack meal! @NCHPAD’s latest resources gives you the formula to turn your favorite snacks into a meal that is rich in fiber, protein, and other healthful nutrients. #StartSnacking <https://bit.ly/37OL6X5>

Turn your favorite charcuterie board picks into a healthy meal focused on fiber, protein, and crunchy carbs with @NCHPAD’s new resource that makes increasing fruits and veggies fun. #StartSnacking <https://bit.ly/37OL6X5>

Low on energy but need to eat? Enter the snack meal. A “snack meal” is a selection of fruits, veggies, and other snack-like foods that form a nutritious and fun meal. Snack meals are not only a great way to incorporate more fruits and vegetables into meals, but they are also easy to take on the go! #StartSnacking <https://bit.ly/37OL6X5>

Are you trying to eat more fruits and veggies in 2021? A snack meal is a great way to increase fiber, protein, and other healthful nutrients that fill and fuel your body. Follow along with @NCHPAD’s new guide and #StartSnacking! <https://bit.ly/37OL6X5>

@NCHPAD has just released a guide on a fun way to increase fruits and vegetables that fill and fuel you. Check it out and #StartSnacking! <https://bit.ly/37OL6X5>

Snack Meals
A Fun Way to Increase Fruits and Vegetables

Crunchy Carbs

Fun Treat

For more delicious information visit www.nchpad.org

