

BerniO's

BerniO's, *Annie's*

Cheese Sticks, *Organic Valley*

Carrot Sticks, **Organic**

Pineapple Chunks

Snackin' Grahams, **Cinnamon Toast**, *Fit Kids*

Spring Water, *Iceland Spring*

TIPS: So easy to warm up a can of BerniO's and put it in a lunch box thermos. Don't forget to put in a spoon. Carrot sticks can be cut from whole carrots in advance and kept in cold water in the refrigerator - or - you can buy the baby carrots.

5 God-made Food Colors: (red, white, orange, yellow, brown)

6 Food

Groups: (fruit, grains, dairy, vegetables, sweet, water)

It is winter everywhere. Even the southern states feel the cold. Warm food in a thermos feels so good to your kids when they sit down for lunch at school. It takes no more time to prepare this for them than it does to make a sandwich. And, it is a welcomed change for you kids.

You can tell your children that the Kid Critics awarded BerniO's their seal of approval. These Fit Kids Cinnamon Toast Snackin' Grahams are also Kid Critics' favorites. They make a nice treat without adding too many calories.