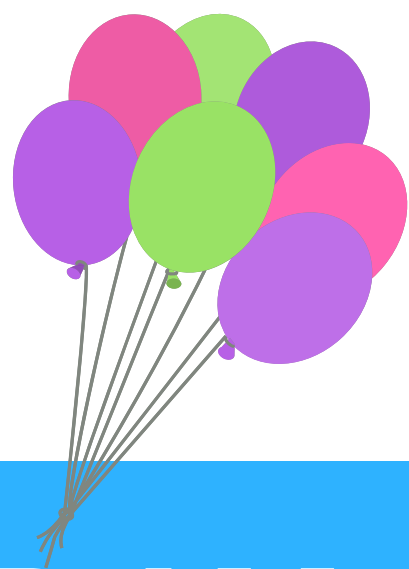


Healthy **ZONE**

a program of



The Cooper Institute®



HAPPY BIRTHDAY

Birthdays are a time to celebrate! For your child's next school party, try selecting a treat from the list below to share with their friends.



FRUIT & VEGGIES

Dried fruit, banana chips, fresh fruit, fresh vegetables, or 100% fruit juice



DAIRY

Low-fat yogurt, smoothies, light string cheese, skim milk, or soy milk



SNACKS

Popcorn, low-sodium pretzels, whole-grain cereal, pita chips, granola bars, or trail mix



PRIZES

Pencils, stickers, bookmarks, erasers, water bottles, or small toys