

Cambridge in Motion

presents

this week's healthy snack suggestion:

**Orange slices & whole wheat cinnamon raisin
English muffin with low-fat cream cheese**

As a community, we can work together to promote health.

Send your child to school with a healthy snack!

As needed, add a small frozen gel pack or frozen drink to keep foods from spoiling



a Mass in Motion Initiative sponsored by the Massachusetts Department of Public Health

CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Cambridge Health Alliance