

# Cambridge in Motion

presents

**this week's healthy snack suggestion:**

**Apple & small bag of trail mix  
(nuts, dried fruit, a little bit of chocolate chips)**

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