

Cambridge in Motion

presents

this week's healthy snack suggestion:

**Strawberries and a small handful of nuts,
such as cashews, walnuts or soy nuts**

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