

# Cambridge in Motion

presents

this week's healthy snack suggestion:

**Low-fat plain yogurt mixed with  
cantaloupe/honeydew melon pieces**

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