

# Cambridge in Motion

presents

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

**Fig bars (Fig Newtons) & raw vegetables  
(for example carrots, peppers, cucumbers)**

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