Pick a better snack
(How easy is that!)

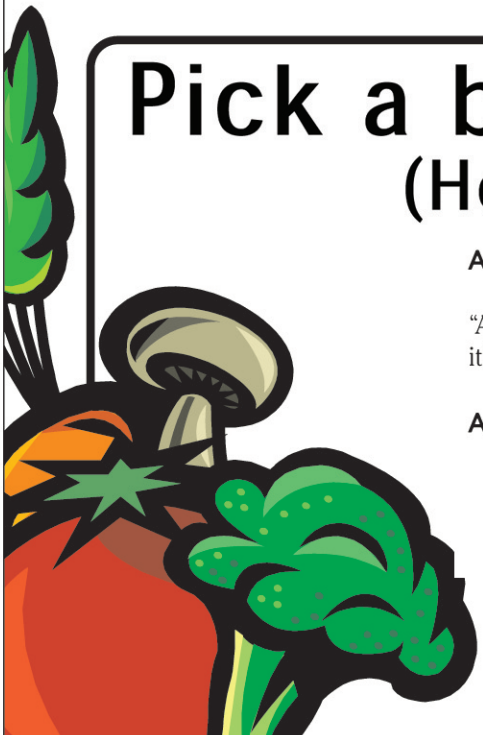
As fun to make as it is to eat!

"Ants on a Log" is not only a great snack for kids, it's fun and easy for them to make!

Ants on a Log

Cut up celery stick (Mom do this!)
Wash celery sticks.
Spread peanut butter on celery.
Put raisins on top.

Pick a **better** snack™



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TEAM NUTRITION™