

GOOD SNACKS LEAD TO HEALTHY WELLNESS



St Joseph School
September 23, 2024,
until further notice!



HEALTHY SNACKS PROVIDE FUEL FOR
HEALTHY MINDS AND BODIES

- NO CHIPS
- NO SUGARY FRUIT JUICES

REGULAR OR SPARKLING WATER IS
BETTER, VEGGIE STICKS, CRACKERS
AND YOGURT,
WITH A PIECE OF FRUIT

