

ORANGE
is
the
new **SNACK**



HEALTHY SNACK AND MEAL IDEAS FOR YOUR FAMILY



A Let's Move Mercer Island
Presentation



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AMERICAN HEALTH AT A GLANCE

Over the past three decades, childhood obesity rates in America have **TRIPLED**, and today, nearly **1** in **3** children in America are overweight or obese.

Thirty years ago, kids ate just **1** snack a day, whereas now they are trending toward **3** snacks, resulting in an **additional 200** calories a day.

Americans are now eating **31%** more calories than we were 40 years ago; **56%** more fats and oils and **14%** more sugars and sweeteners.

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WHY ARE YOU HERE?

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VIDEO



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HOW TO GET TO HEALTHY

Meal Prep and Planning

1. Set Your Goals 
2. Make a Plan 
3. Stock Your Pantry/Freezer 
4. Do Your Prep 
5. Stay Inspired 



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FUELING MIND & BODY

BREAKFAST

BAKED OATMEAL



EGG "PIZZA"



BERRY GOOD SMOOTHIE



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FUELING MIND & BODY

HEALTHY SNACKS

AFTER SCHOOL



SPORTS



ON THE GO



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FUELING MIND & BODY

SIMPLE TWISTS ON SACK LUNCHES

SNEAK IN SOME VEGGIES



PACK A PROTEIN



GET CREATIVE WITH CARBS



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HEALTHY RESOURCES

