

Help Scouts Snack Smart at meetings!

Our unit is taking on the **SCOUTStrong Healthy Unit Challenge**. We can earn this award together when we:

Snack Smart: Have fruits and vegetables for snack at 3 meetings

Drink Right: Drink water at 6 meetings

Move More: Do 15 minutes of physical activity at 9 meetings

These meeting practices will help our Scouts learn lifelong healthy habits. Here's how you can help:

- Remind your Scout to **pack a water bottle** for meetings and events.
- If you're a **snack volunteer**, see the list below for fruit and vegetable snack ideas.

Pick-up-and-go snacks:

Clementines, oranges, grapes or bananas

Baby carrots, sugar snap peas or mini-peppers

Slice-and-go snacks:

Sliced fruit like apples, pears, pineapple, peaches, or melon

Chopped veggies like broccoli, celery, peppers or cauliflower

Healthy snack pairs:

Carrot sticks or celery with hummus

Apple slices with nut butters - *please discuss nut allergies with the Scout leader*

Pepper strips or cauliflower with low-fat ranch dip or a savory low-fat yogurt dip



Thank you for helping our Scouts Drink Right, Snack Smart, and Move More!