

**FREE  
EVENT**

# A HEALTH EDUCATION SERIES

*Featuring Guest Presenter:*

**Trevor Kauer, Nutrition Advisor**

University of Idaho Extension Eat Smart Idaho



## Choosing Healthy Snacks



**August 20, 2015**

**6:00 p.m.**

**Snake River Community Clinic**

**215 10th Street, Lewiston**



- Pack a small cooler of foods that may be difficult to find while traveling, such as fresh fruit, sliced raw vegetables, and fat-free or low-fat yogurt.
- Bring a few bottles of water instead of sugar-sweetened soda or juice.
- Pack dried fruit, nuts, and seeds as snacks. Since these foods can be high in calories, measure out small portions (1/4 cup) in advance.

Source: Centers for Disease Control and Prevention - <http://www.cdc.gov>.



**Public Health**  
Idaho North Central District

For more information, contact Deb Merica at  
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[www.idahopublichealth.com](http://www.idahopublichealth.com)