



SNACKS



<i>Date</i>	<i>Healthy</i>	<i>Guilty</i>

HEALTHY: Please bring a nutritious snack such as berries, bananas, apples (drizzled with dark chocolate and chopped walnuts – yum!), pretzels, yogurt, granola, nuts, hummus, whole-grain bagels or pita, or a vegetable tray. **GUILTY:** this one is easy! Pastries, cookies, breads, muffins, donuts, coffee cake, pie, etc. If you cannot attend on your scheduled day, please ask someone to switch with you.