



MARCH 2010

www.nrgbalance.org

A Program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital

1 2 Celebrate
3 4 fruits and
5 veggies as
a healthy
snack!



REGISTERED PENNSYLVANIA
DEPARTMENT OF AGRICULTURE

PENNSYLVANIA STATE UNIVERSITY
HERSHEY
Children's Hospital



Center for Nutrition and Activity Promotion