



Health Kit | August 2020

Hello!

Here is your Health Kit for August 2020. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thanks for your efforts!

Summer is a great time to get outside and enjoy the sun. This month's Health Kit offers information and tips to help you and your family stay safe and healthy all summer long!

Poster

Take a smarter approach to snacking with these simple tips.

[Download Poster](#)

Brain Game

What healthy snack am I? Answer these riddles for some healthy snack ideas.

[Download Game](#)

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Recipe

Pair this quick and simple hummus recipe with veggies or pretzels for a healthy snack option that will keep you full and satisfied.

[Download Recipe](#)

Short Video: 4 Ways to Snack Smarter

Watch this short video to learn four ways you can snack smarter.

[Watch Video](#)

Podcast: Myth-Busters

This month, we're busting three common myths about snacking.

[Listen](#)

Additional Information:

[For More Information on Snacking Smarter](#)

Coming up...

Tune in next month for information on work-life balance.

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