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Look inside
for all
the fun!



snack pals

Healthy Kids Activity & Coloring Book



Hey kids! I'm Alicia!
Download the Snack Pals App
and start your hunt **HERE!**

MAINE TOXIO

Discover Snack Pals!

Download the app for an exciting, virtual scavenger hunt!
Or join the fun online at hannafordsnackpals.com.



Dear Parents & Guardians,

Our daily routines have transformed. For some it has become a balancing act; working from home and maneuvering the "back to school" process at the same time changes family dynamics and the lifestyles we're accustomed to. We'd like to help keep your families educated, entertained and healthy during this unusual time.

We understand the importance of eating right and having fun doing it, which is why Hannaford would like to invite you to explore this activity and coloring booklet, as well as hannafordsnackpals.com, our new kid-friendly site full of interactive games and activities, videos and yummy recipes for the whole family. While you're there be sure to download our new Hannaford Snack Pals App for an exciting, virtual scavenger hunt.

Remember to save these activity pages! You will need them for the app-based virtual adventure.

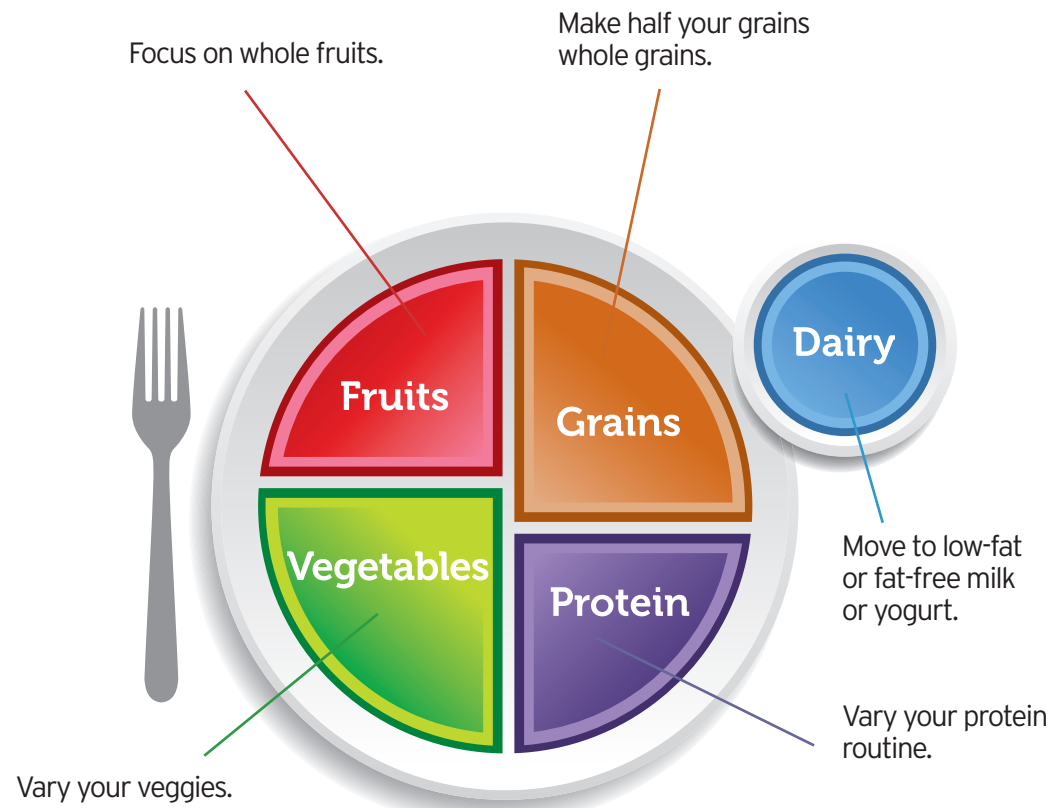
In addition to keeping your kids occupied for a little while, our fun booklet and website will show how including a variety of tasty and fresh flavors can build lifelong healthy habits.

Fuel the fun with Snack Pals!



A Plate of Pals!

Fruits and veggies, grains and protein, and dairy, too!



Choose **MyPlate.gov**



Hey Grown-ups!

Looking to get your kiddos involved in the new virtual world of Snack Pals? Download the app today from your favorite app marketplace!

Visit hannafordsnackpals.com to learn more and to get started.



Get down

(and across) with your fruits & veggies!

DOWN 1. Orange 3. Lime 5. Carrot 7. Peel 8. Beet 9. Squash
ACROSS 2. Green 4. Berries 5. Corn 6. Pepper 10. Lettuce 11. True 12. Peas

ACROSS

- 2 Asparagus can be white or _____.
- 4 Straw _____, black _____ and rasp _____ taste yummy on cereal.
- 5 _____ on the cob.
- 6 Veggie that can be hot or sweet.
- 10 A leafy green vegetable.
- 11 True or False: a tomato is a fruit, not a veggie.
- 12 Three _____ in a pod.

DOWN

- 1 What fruit is named for its color?
- 3 A small green citrus fruit that has a lot of vitamin C.
- 5 This veggie is packed with vitamin A and good for your eyes.
- 7 What do you remove before eating a banana?
- 8 A purple root vegetable similar to a carrot or turnip.
- 9 Zucchini and butternut are types of _____.



snackpals
Fun fuel for kids.

Visit hannafordsnackpals.com for more kid-friendly fruit and veggie recipes.

Lettuce Make A Salad



Fuel the fun with snack combos for kids.

Tasty and fresh go better together. When kids try new snack combinations, they learn how tasty fresh, healthy flavors can be – and build lifelong healthy eating habits. **Fuel the fun!**



Apple "Pizza"

Serves: 4

- Ingredients:**
- 2 large apples, cored and sliced in 1/4-inch slices
 - 1 cup lowfat vanilla Greek yogurt
 - 1 Tbsp. peanut butter
 - 1/2 tsp. ground cinnamon
 - 2 full sheets honey graham crackers, crushed

- Directions:**
1. Combine yogurt, peanut butter and cinnamon until well blended.
 2. Spread evenly onto apple slices and top with crushed graham crackers.

Nutritional Information:
 Amount per serving: 164 Calories; 4 g Fat; .5 g Saturated Fat; 28 g Carbohydrate; 3 g Fiber; 19.5 g Sugar; 32 mg Sodium; 5 g Protein

Dietitian's Tip: When it's time to decorate your apple pizzas, get the whole family involved! Kids may be more excited to try something new if they get to help prepare it.



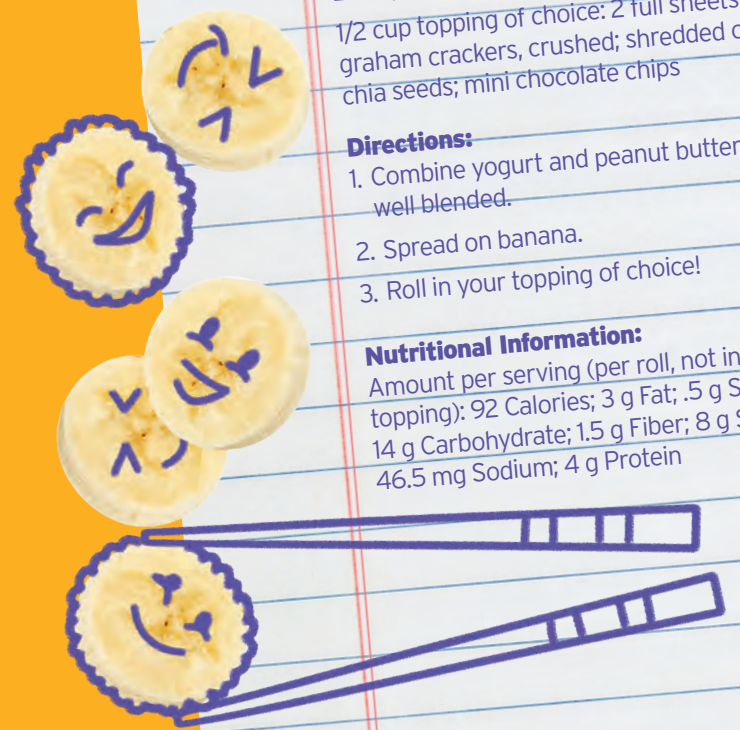
Banana "Sushi"

Makes 8 Rolls

- Ingredients:**
- 2 medium bananas, cut into 1 1/2- to 2-inch pieces
 - 1 cup lowfat vanilla yogurt
 - 2 Tbsp. peanut butter
 - 1/2 cup topping of choice: 2 full sheets honey graham crackers, crushed; shredded coconut; chia seeds; mini chocolate chips

- Directions:**
1. Combine yogurt and peanut butter until well-blended.
 2. Spread on banana.
 3. Roll in your topping of choice!

Nutritional Information:
 Amount per serving (per roll, not including topping): 92 Calories; 3 g Fat; .5 g Saturated Fat; 14 g Carbohydrate; 1.5 g Fiber; 8 g Sugar; 46.5 mg Sodium; 4 g Protein



Hungry for more?

Hey grown-ups! Did you know we partner with dietitians to offer free, personalized nutrition advice to help our shoppers on their journey toward better health? For more information about connecting with a Hannaford Dietitian near you, visit hannaford.com/dietitians.

Looking for more kid-friendly recipes and ideas? Visit hannafoodsnackpals.com.



**Hey kids!
Check out what your
favorite Snack Pals
are up to online!**

Introducing [hannafordsnackpals.com](https://www.hannafordsnackpals.com), a fun, kid-friendly site full of interactive games and activities, videos and yummy recipes for the whole family! While you're there, be sure to download our new **Hannaford Snack Pals App** for an exciting, virtual scavenger hunt.



Tasty and fresh go better together.

Tasty and fresh go better together. When kids try new snack combinations, they learn how tasty fresh flavors can be - and build lifelong healthy eating habits. **Fuel the fun!**



snackpals

Meet the Pals!
Get to know some of the Snack Pals and learn some fun facts about fruits and veggies!



Alicia Apple

Alicia Apple is super smart. Because of the nutrients found in apples that help our brains remember things, Alicia can remember a lot of facts at one time. Impressive!



Brandie Banana

Brandie can help you learn new things because she is high in potassium, which helps our bodies and brains grow.



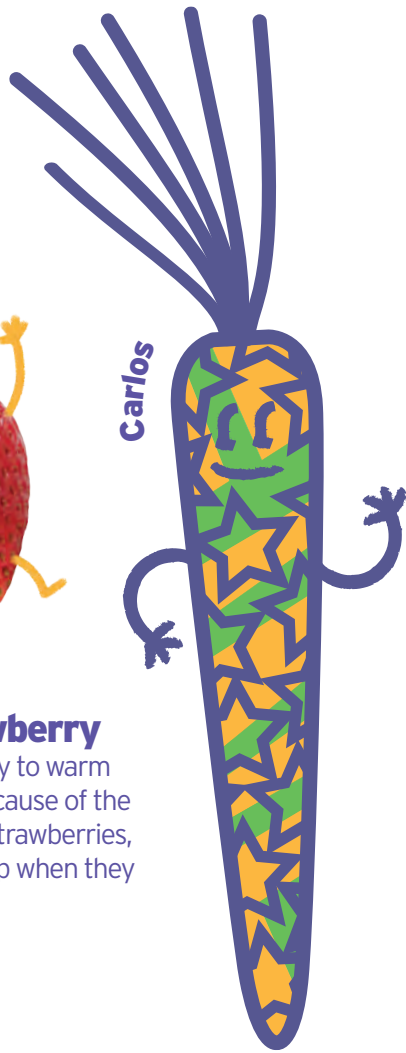
Georgia & Gigi Grape

These happy gals have nutrients that will put you in a good mood.



Stanley Strawberry

Stanley has the ability to warm someone's heart. Because of the potassium found in strawberries, he can cheer them up when they are feeling sad.



Becky & Bo Blueberry

These goofy guys are full of antioxidants that help keep our bodies' immune systems strong.



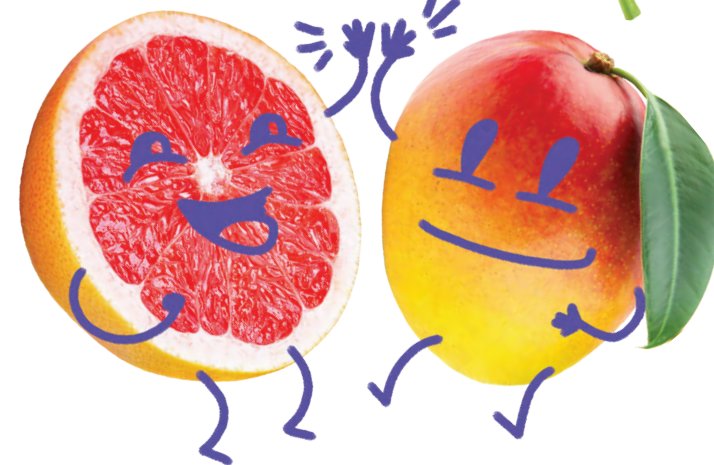
Tyree & Tischa Tomato

These Pals travel in a pack and are loaded with nutritious vitamin A!



Salvador Spinach

Salvador has vitamin B, which helps our bodies turn food into fuel. He's full of energy and can jump really high!

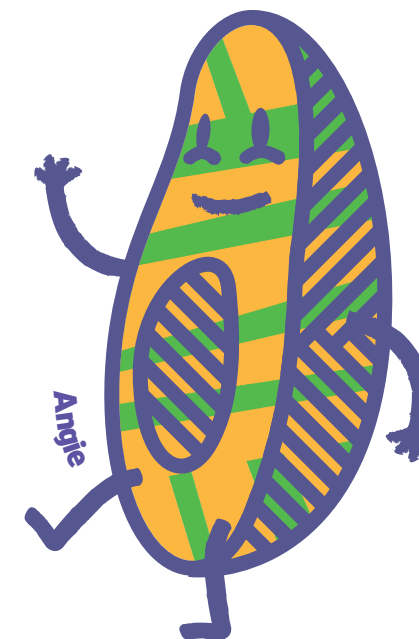


Gracie Grapefruit

Choline found in grapefruit assists with brain development so you can have a super mind like Gracie!

Maggie Mango

Maggie loves to stretch using her vitamin C, which helps our bodies be flexible!



Searching for the Pals?

Please use the booklet in an upright position by leaning it against the wall. If searching for the Pals while the booklet is on a table, try to find them from a slight angle.



Look for Guiding Stars® ratings on shelf tags to find the most nutritious choices. It's like a report card for your food. The more nutritious it is, the more stars it will have!

Looking for more kid-friendly activities, recipes and ideas? Visit hannafordsnackpals.com to get started on all the excitement!

Remember to download the app today from your favorite app marketplace... **and save these booklet pages!** You will need them for the app-based virtual adventure...



Fruit-loose and Fancy Free



Snack Pal Word Search



S	K	D	V	N	T	Y	R	R	E	B	J
W	W	P	D	O	W	H	H	H	S	U	L
I	X	E	R	Q	K	C	M	P	I	H	G
T	W	R	E	O	G	N	D	C	S	S	E
I	A	I	H	T	R	U	Y	O	F	V	J
C	X	J	K	U	A	R	J	O	Y	T	V
L	S	N	H	V	P	C	H	T	A	Z	K
M	T	Z	T	B	E	S	K	U	P	O	Z
C	Q	N	U	T	J	J	J	B	P	V	I
P	E	P	P	E	R	M	C	B	L	U	Y
P	N	Q	T	I	F	F	I	W	E	D	C
C	X	T	J	C	R	N	D	B	K	S	T

- APPLE CRUNCHY KIWI
- BERRY GRAPE PEPPER
- CARROT JUICY SWEET



Word Scramble & Coloring Fun!

Complete the fruit and veggie word scramble below, then color in the Snack Pals.

cryele _____

pggntlae _____

repepp _____

epragrfiut _____

nargeo _____

leuectt _____

aguasrspa _____

ahpnics _____

wertsrarby _____

rtaorc _____

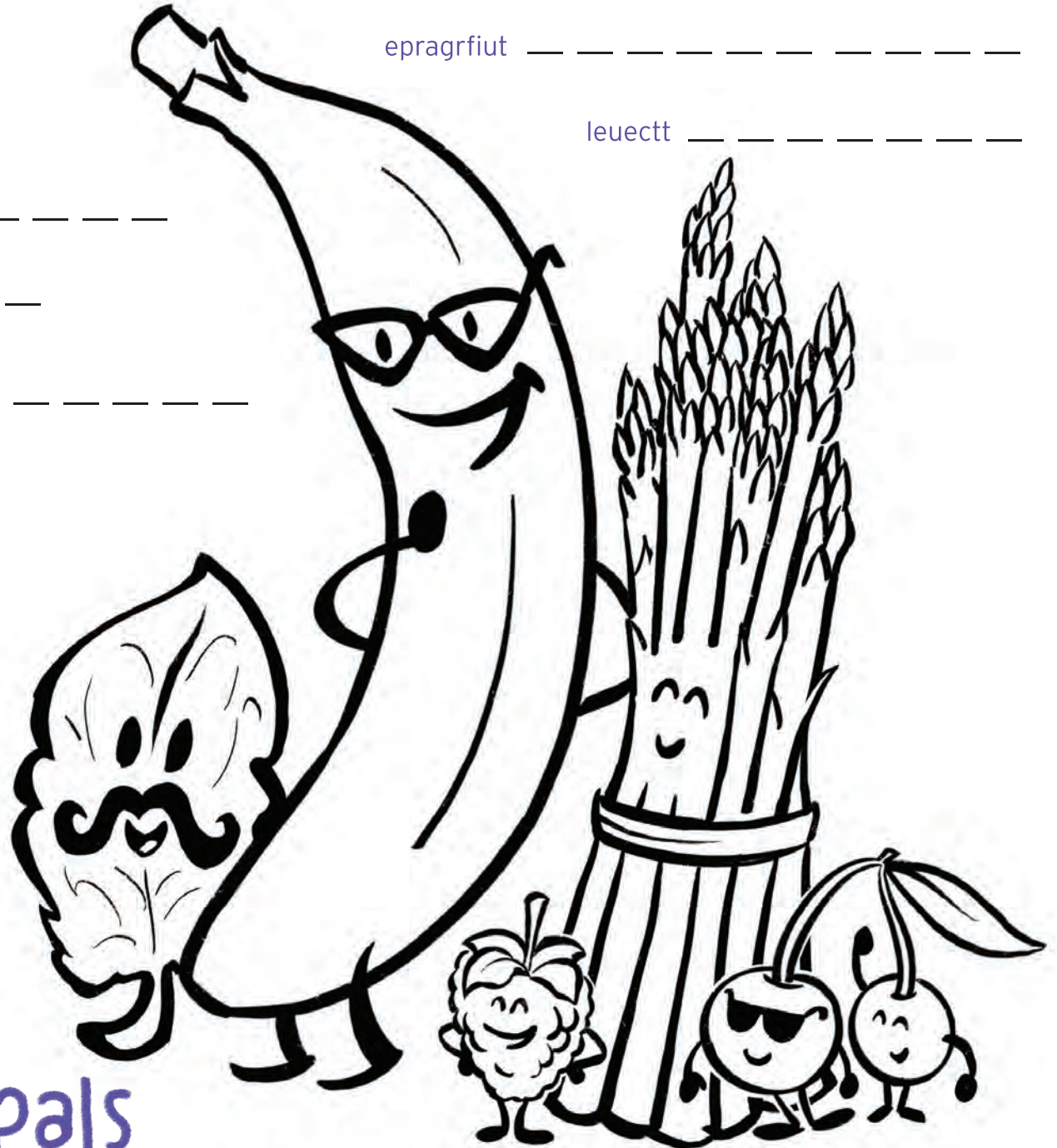
niono _____

iwki _____

laepp _____

cheap _____

anaban _____



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hannafordsnackpals.com

WORD LIST

grapefruit kiwi peach apple carrot eggplant pepper celery
strawberry spinach banana asparagus orange lettuce onion