Email Blurbs for Healthy Snacking emails:

**Week 1,**

Welcome to the **Healthy Snacking Campaign!**

For the next four weeks you will receive healthy and delicious snack recipes along with some great tips to help you get through your days with consuming only healthy snacks. Making healthy choices doesn’t mean you have to sacrifice taste we promise!

This week we have 3 AMAZING recipes for you to try!

Salmon-Walnut Spread with Whole-Grain Crackers

Dry-Roasted Edamame with Cranberries

Tropical Fruit Parfaits

Enjoy!

**Week 2**

Welcome to Week 2 of the **Healthy Snacking Campaign**

Did you try any or all of the recipes from last week? We hope so! Being prepared with nutritious and delicious snack options in advance will make it easier for you to avoid the junk food options.

With that in mind we have 2 more AMAZING recipes for you to try!

Homemade Protein Bars

No-Bake Energy Bites

Enjoy!

**Week 3**

Week 3 of the **Healthy Snacking Campaign** is here!

 We bet that if you have been making healthy snack choices over the past two weeks you are feeling an increase in your daytime energy and a decrease in your cravings. If you are still struggling we have some great tips to keep you on track.

Check out the attached handout for our 10 great tips to healthy snacking

Enjoy,

**Week 4**

Welcome to the final week of the **Healthy Snacking Campaign**

We hope that you have enjoyed this month long campaign and will continue to enjoy healthy snacks as a replacement to junk food going forward. We have 3 more AMAZING recipes for you this week!

Spiced Nuts & Seeds

Salsa Guac & Pita Chips

Cherry Tomatoes with Goat Cheese

Enjoy,