



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](#)

Continued on Page 2

## 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.

Well onTarget®