

## What are some tips for snacks to keep at work?

Store in your Desk or Locker	Store in the Lunchroom Fridge	On the Road
Crackers	Bagels / Bread	Baby Carrots
Dried fruit / Canned Fruit	Bran Muffins	Celery Sticks
Popcorn (Smartfood)	Yoghurt	Bagel Bites
Rice Cakes	Cottage Cheese	Rice Cakes
Cereal (unsweetened)	Fresh Fruit	Apples
Granola Bars	Raw Vegetables	Crackers
Peanut Butter	Cheese	Pretzels
Canned Fish	Milk	Dried Meat or Beef Jerky
Dried Meat or Beef Jerky	Salad Greens	Popcorn (Smartfood)

(Adapted from the article Plan well (<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>). Dietitians of Canada.