

MARCH 2025

the CRUNCH!

Club



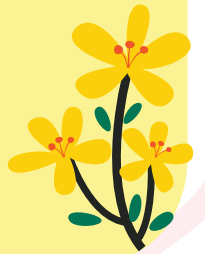
VOL 2 **MARCH**
EDITION

WELCOME TO MARCH!

A healthy snack is just like sunshine and rain that is needed for flowers to grow. A snack of creamy yogurt on crunchy crackers with refreshing fresh fruit gives us the energy to play, explore, and have a good time! Spring into snack time by pairing two different food groups! Mix and match from grains, fruits, vegetables, protein, and dairy to keep your body blooming.

List Your Top 3 Favorite Snacks:

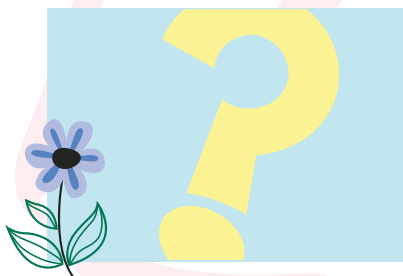
- 1.
- 2.
- 3.



Top 5 signs your body needs a snack:

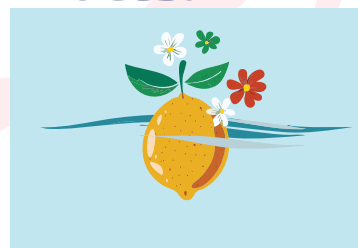
1. Your mood changes from happy and bright to tired and gray.
2. You are dragging your feet and they feel as heavy as cement!
3. Cannot focus, even when it is time to read your favorite book.
4. Your arms feel like noodles, barely strong enough to lift your backpack off the ground.
5. You feel like a raincloud ready to pour, even when someone offers you a high five.

Riddle:



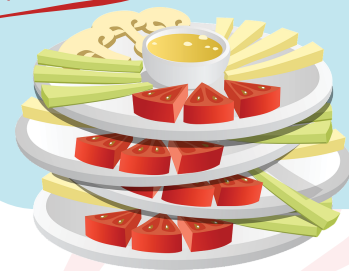
I'm made of milk but
not to drink, I come in
slices, cubes, or strings!
What am I?

#Facts:

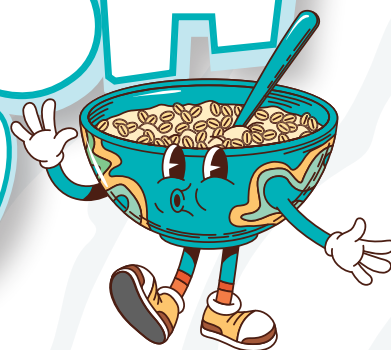


Lemons
float but
limes sink.

Snacks



the CRUNCH! Club



WORDS TO FIND!

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

Here are a few idea's for a super fueling, body boosting snack!

1. Pretzels with celery & hummus
2. Crackers with ham & cheese
3. Half a banana and peanut butter sandwich

THIS COUPON IS GOOD FOR

1 FREE PRIZE



EXP: MAY 2025

LIMITED TIME OFFER!

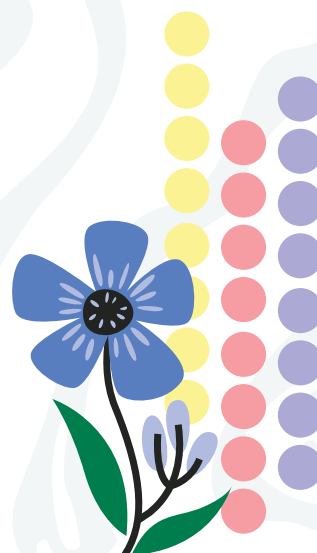
TO REDEEM 1 FREE PRIZE PLEASE CUT OUT AND HAND TO CASHIER WHEN CHECKING OUT

Almonds
Apple
Avocado

Blueberry
Carrot
Cashews

Celery
Chickpeas
Grapes

Strawberries
Hummus
Oatmeal
Banana



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Riddle Answer: Cheese

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