



Please Join Us in Celebrating Good Health!

MAKE-AHEAD SNACKS

A Virtual Cooking Video

Watch & Learn...

- The benefits of snacking
- Preparing healthy, delicious snacks
- Snack ideas for at home or on the go

Featured Recipes:

Roasted Chickpeas

Energy Balls

Berry Yogurt Dip

[CLICK HERE TO WATCH](#)



MASSACHUSETTS

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