

SNACKS are always closeby in our lives - at home, at work, or purchase while out.

We often don't play much importance on the Nutrient quality of **SNACKS**, because, after all, they are not our main meal, so shouldn't need too much thought attached.



Home made snacks with fresh food, are ideal at gatherings as well as at home. The monsters are Packets of junk snacks, just put in bowls - giving the perception that they are Healthy.

- * For some people, **SNACKS** with no fresh Nutrient rich food - can become a bad habit, as a quick, easy way to satisfy hunger, or even stress, depression, or boredom.
- * The dry, no nutrient packets of snacks - like everything else in life - is not going to kill you if is just an occasional, convenient indulgence - but I have seen whole families munch on these " filler " snacks for hours after a main meal.
- * Best solution is to plan ahead, even for one day a week - and purchase some fresh food to make up delicious snacks.
- * I have always been amazed at how people at functions or gatherings - love the home made, fresh snacks.