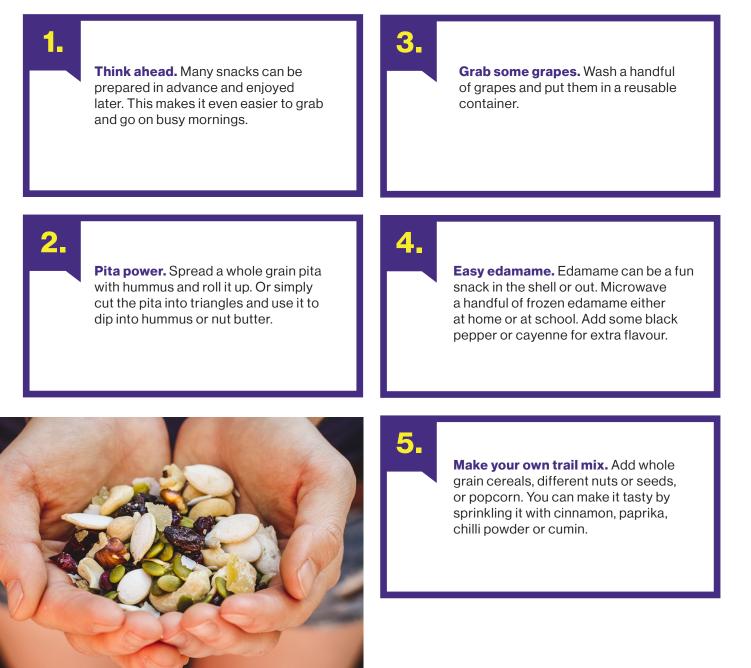
Canada's food guide **teens**

Tips to choose smart snacks for school

Having healthy snacks at school is as important as having a healthy lunch. Use these tips and ideas for snacks that will help keep you energized throughout the day:



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