

SMART SNACKING & FUN EXERCISE

Tour Stops	Key Messages
Produce	Fresh fruits and vegetables are a great and healthy snack.
Bakery	Fresh baked, healthy snacks can be cooked up easily at home!
Specialty Cheese Case	Cheese makes a healthy body and a delicious snack.
Seafood and/or Meat Department	Fun exercise keeps your heart healthy. Protein helps your muscles and body grow.
Snack Foods Aisle	Snacking smart means choosing crunchy snacks carefully!
Breakfast Cereal Aisle	Cereal can be a nutritious breakfast AND a healthy snack!
Dairy	Choosing dairy as a healthy snack is an easy way to get your 3-A-Day.
Big Freezer	The Freezer Section is a "cool" place to find lots of healthy snacks.

Questions? Call 800-987-6409 or visit us on the web
www.lowesfoods.beasmartshopper.com