

FUEL UP

Cheer for Cheese Sticks

These cheesy snacks are not just for kids! They are super convenient for busy grown-ups, and good sources of bone-building calcium and protein, with many reduced-fat versions available.

KABOB AWAY

Spear chunks of cheese sticks, bell peppers, and cherry tomatoes on toothpicks.

MIX

Add small chunks to your favorite trail mix for a cheesier version.

WRAP IT UP

Place a cheese stick, zucchini spears, and mustard on a wrap, then roll up for a quick sandwich.

