



The  
**PTI BUZZ**  
Carol Kur, MSR

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**It's that time again, Healthy back to school foods!!!!**

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Affordable, natural alternatives for kids;

**Naturally More Peanut Butter:** features flaxseed for omega-3 essential fatty acids, omega-6, wheat germ for fiber and egg whites for lean protein.

**New Lunchables Fun Pack Wrapz:** try the Grilled Chicken or Beef Tacos with two wheat tortillas.

**Froose:** organic fruit drink.

**Banquet Chicken Breast Nuggets:** all white meat nuggets.

**Plum Organics Kids Meals:** are designed to fuel the specific health needs of kids.

**Live Active Chewy Granola Bars:** packed with nutrients and taste great.

**CHOCO boom bar:** the first dairy-, nut- and soy-free chocolate bar.

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Have your kids jump rope for ten minutes and burn 100 calories!!!

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