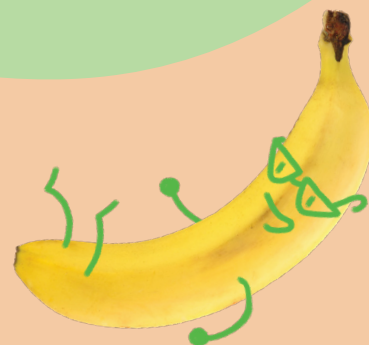
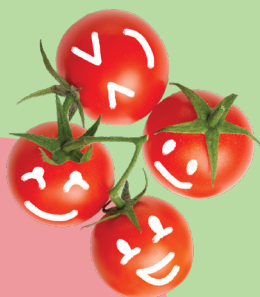
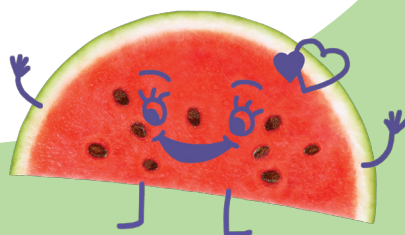


snackpals®

Fuel the Fun!



Adventure Book



Welcome to the Land of Snack Pals!

Here at Hannaford, Snack Pals like Alicia Apple and her fruit and veggie pals make healthy eating fun with entertaining games, activities, videos and more. Grab a grown-up and visit hannafordsnackpals.com to explore the world that Snack Pals has created for you and your family!

Meet the Snack Pals! →



Alicia
Apple



Angie
Avocado



Becky and Bo
Blueberry



Brandie
Banana



Carlos
Carrot



Cedric
Celery



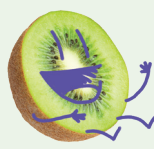
Charlie
Cucumber



Georgia and Gigi
Grape



Gracie
Grapefruit



Kevin
Kiwi



Maggie
Mango



Olivia
Orange



Pedro and Petra
Pea



Reese
Raisin



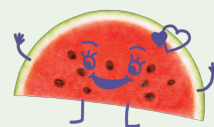
Salvador
Spinach



Stanley
Strawberry



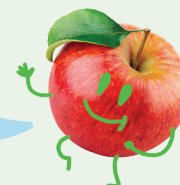
Tyree and Tischa
Tomato



Wanda
Watermelon

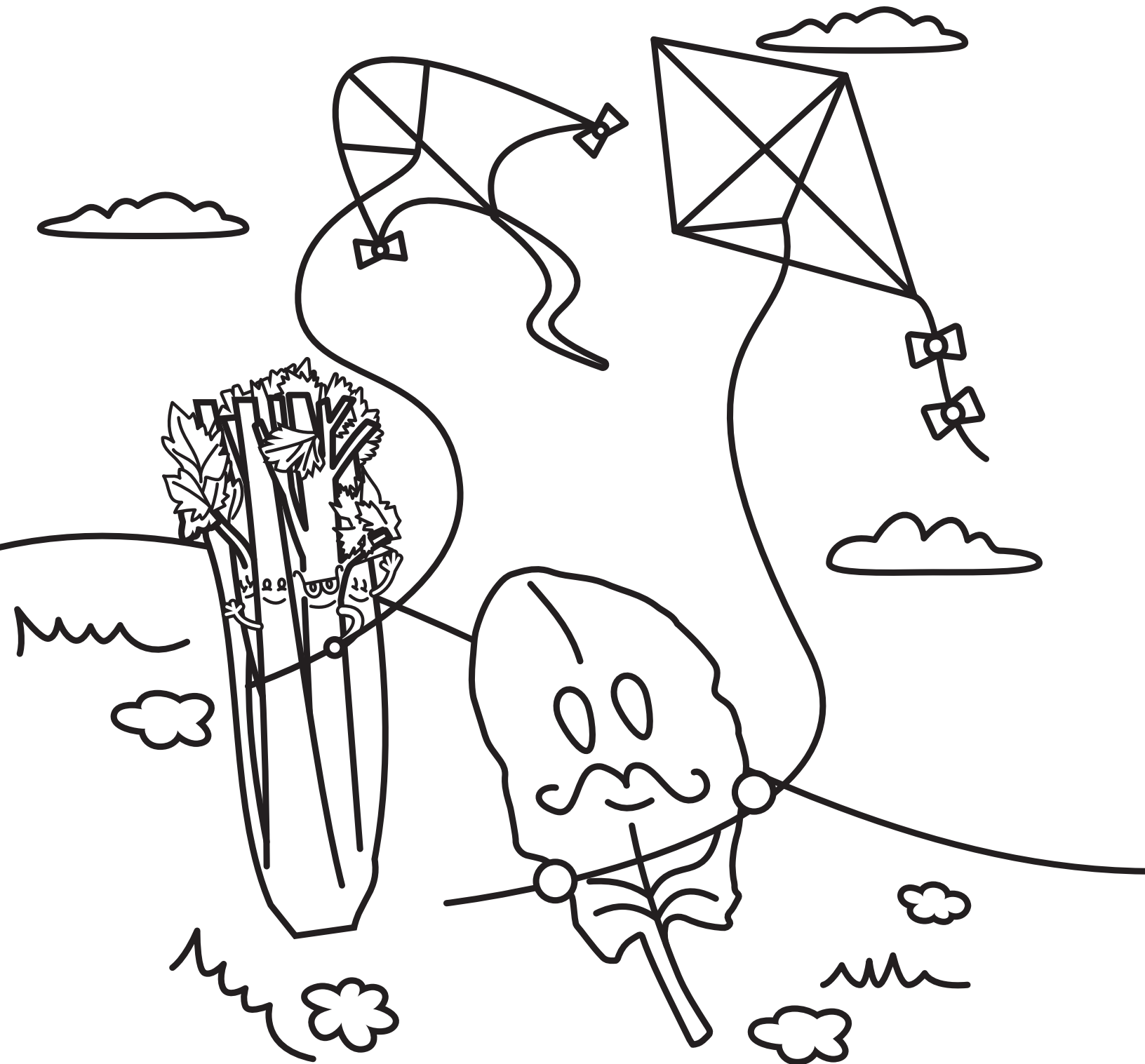


Meet your new friends—the Snack Pals! Each one is unique, just like you. Pick your favorite, and with a grown-up's help, learn more about them with a quick scan of this QR code!



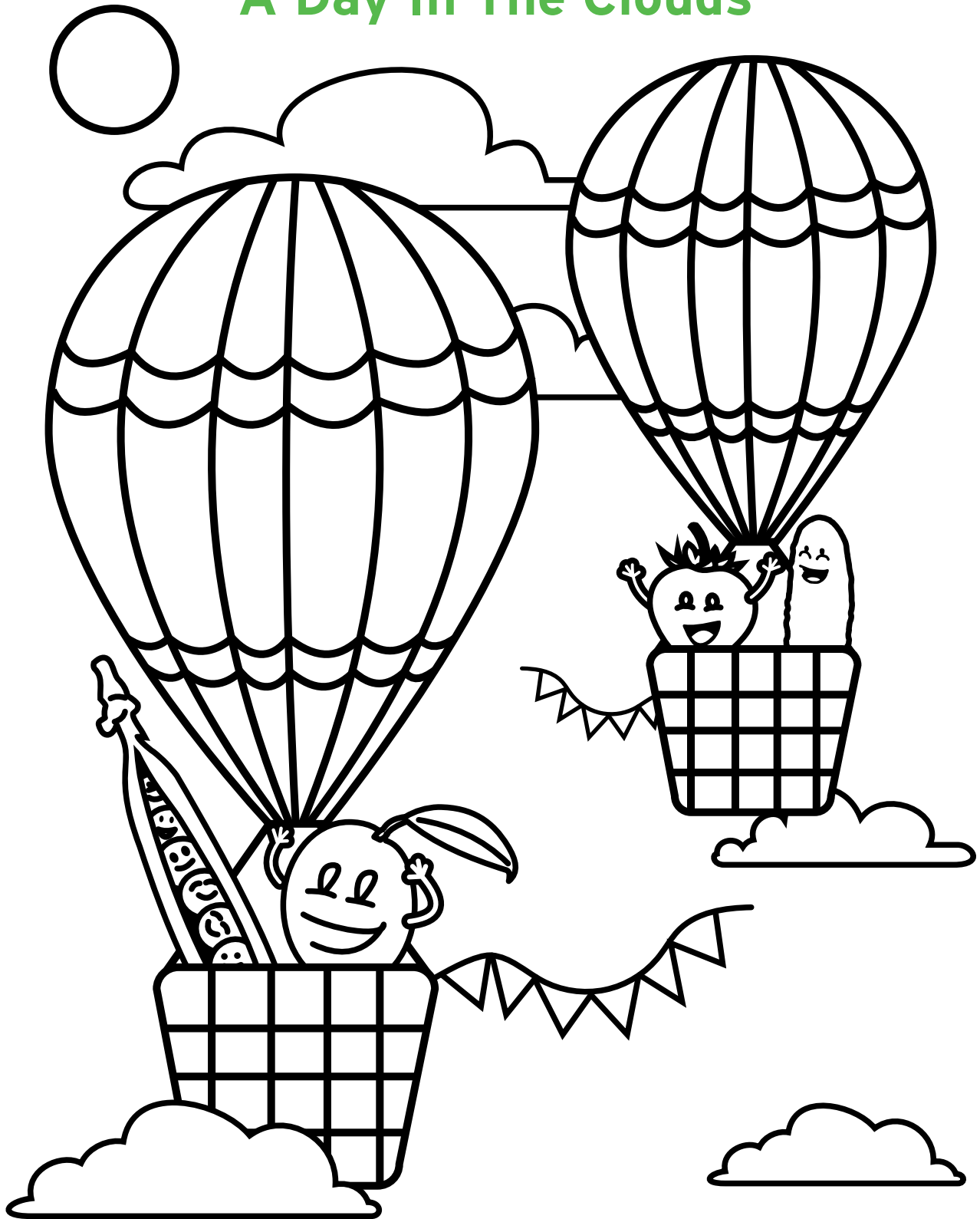
Snack Pals Coloring Page

Breezy Day



Snack Pals Coloring Page

A Day In The Clouds



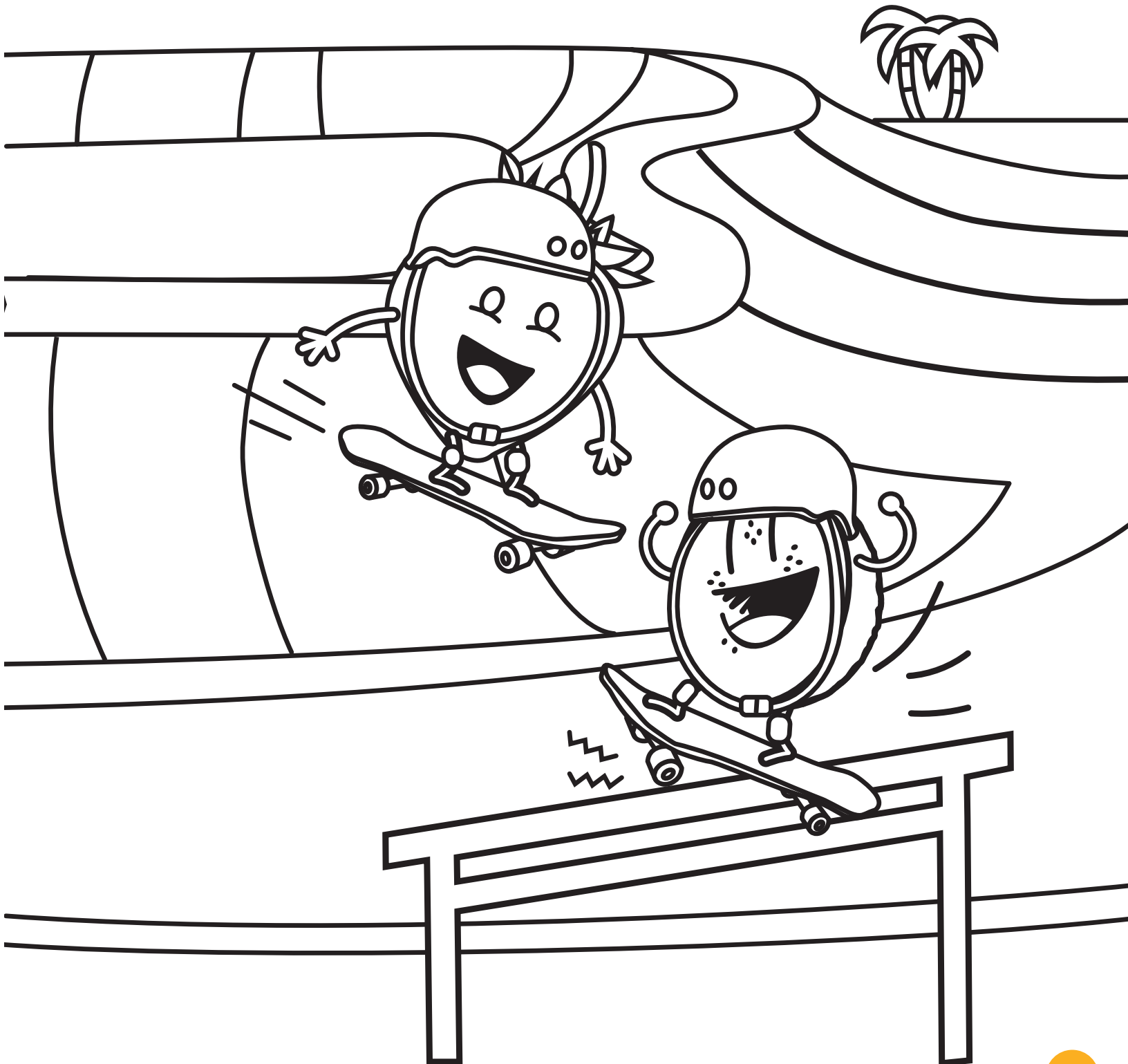
Snack Pals Coloring Page

Rolling Down The River



Snack Pals Coloring Page

Fun At The Park



Recipe: Red, White & Blue Fruit Smoothie



Fuel the fun! Becky and Bo Blueberry are stars of the show in this yummy smoothie recipe. For homemade yogurt popsicles, freeze the smoothie mixture in popsicle molds and enjoy a sweet, responsible cool down!

Ingredients:

- 1/2 banana, sliced and frozen
- 2 strawberries, sliced
- 1/4 cup blueberries
- 1/2 cup skim milk
- 1 Tbsp. vanilla extract
- 2 Tbsp. sugar-free vanilla yogurt
- 2 ice cubes



Scan here for more recipes!

Snack time is a blast with Snack Pals! With your grown-up's help, mix up some delicious treats from our recipe collection. Check out our QR code to find your next favorite snack!

Instructions:

1. Place the banana pieces, strawberries, blueberries, milk, vanilla extract, yogurt, and ice cubes in a blender. Blend until smooth.

WHAT ARE GUIDING STARS?

Guiding Stars help you find better-for-you foods in a flash. Fuel your body with all the important stuff that helps you grow and be your best. Choose foods that earn one, two or three stars for Good, Better or Best Nutrition.

WHERE CAN I FIND THEM?

Look for star ratings on shelf tags at your local Hannaford and on product pages while shopping on hannaford.com.



GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE



Good

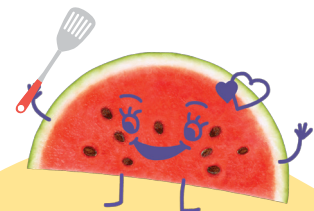


Better



Best

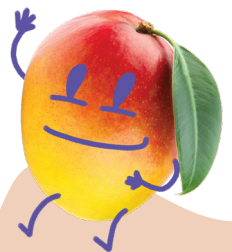
Fun Fact! New recipes are added to the Snack Pal site seasonally! No matter the season, Snack Pals has you covered.



Fruit & Veggie Tracker

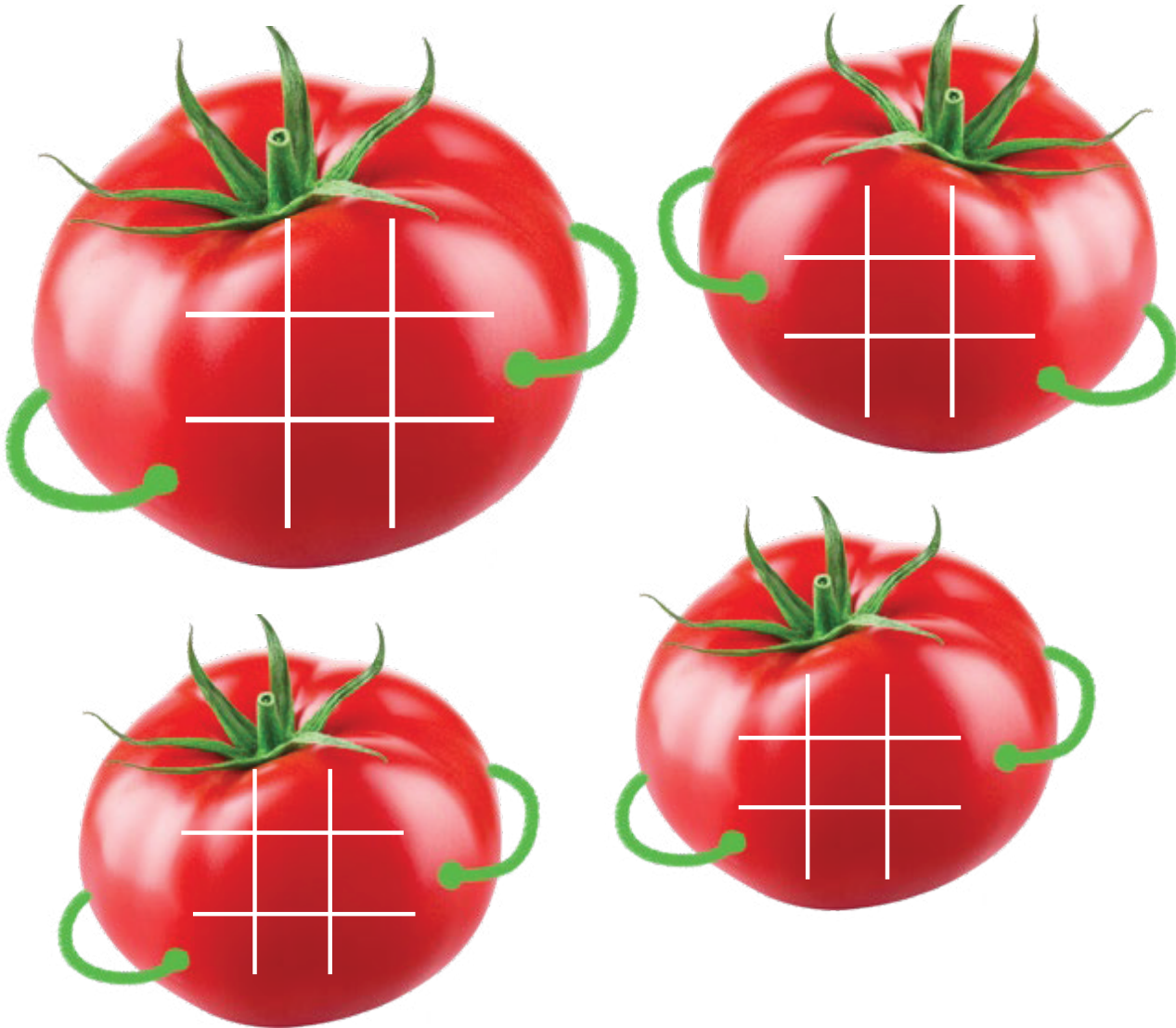
Color in a Snack Pal for every fruit or veggie that you eat each day!

S	M	T	W	Th	F	Sa
						
						
						
						
						



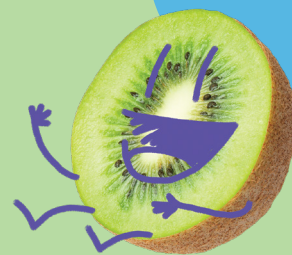
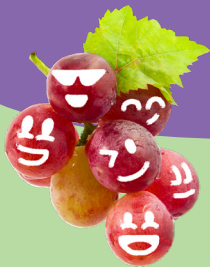
Tic Tac Tomato!

Pick who will be X and who will be O. The first player to get 3 of their marks in a row (up, down, across, or diagonally) is the winner. When all 4 squares are full, the game is over.



Do you want to be the first to know about new games, activities and yummy recipes? Ask a grown-up to sign up for our fun-filled newsletter so they can get the latest delivered right to their email.





snackpals®

Scan the QR code or visit
hannafordsnackpals.com
for more fun!

