



snackpals®

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



snackpals®

Fuel the Fun!

Adventure Book

Snack Pal Riddles

Circle the Snack Pal that matches the riddle!

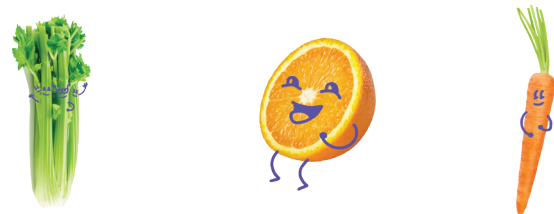
This Snack Pal can be purple or green. They grow on a vine and can have seeds inside, or not, and a smooth skin.



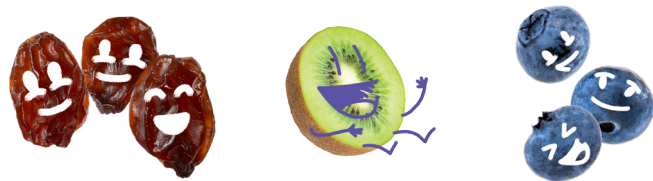
This Snack Pal is small and red. They have tiny seeds studding their skin and a green stem.



This Snack Pal is long, orange and grows underground!



This Snack Pal has a big family! They are small and have wrinkly brown skin.



This Snack Pal grows on a tree in big bunches! They have a peel you shouldn't eat and change from green to yellow when they are ripe.



Answers: Grapes, Strawberry, Carrot, Raisins, Banana

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



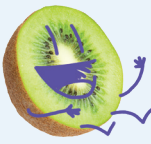
Charlie Cucumber



Georgia and Gigi Grape



Gracie Grapefruit



Kevin Kiwi



Maggie Mango



Olivia Orange



Pedro and Petra Pea



Reese Raisin



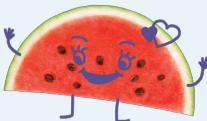
Salvador Spinach



Stanley Strawberry



Tyree and Tischa Tomato



Wanda Watermelon



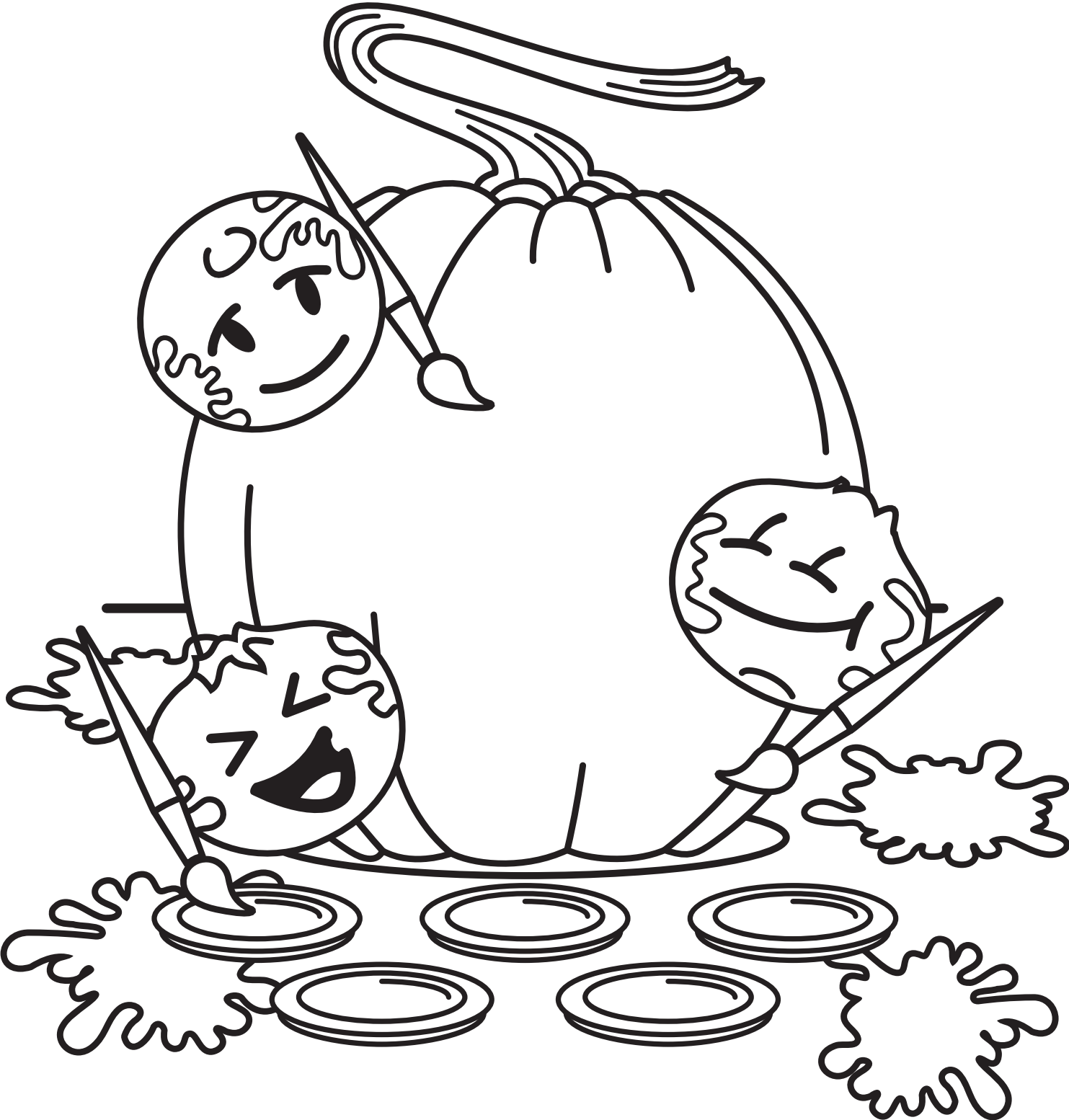
Do you want to be the first to know about new games, activities and yummy recipes? Ask a grown-up to sign up for our fun-filled newsletter so they can get the latest delivered right to their email.



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!



Pumpkin Painting



The Snack Pals need your help!
Can you unscramble our friends' names?

TCRARO

OOTMAT

LYCEER

AAANNB

APEPL

CRUECUBM

MEIL

VODAOCA

WIIK

RONC

Answers: TCRARO (Carrot), OOTMAT (Tomato),
LYCEER (Celery), AAANNB (Banana), APEPL (Apple),
CRUECUBM (Cucumber), MEIL (Lime),
VODAOCA (Avocado), WIIK (Kiwi), RONC (Corn)





Pizza and waffles are always fun...and so is combining them! Make the pizzas your own by adding your favorite veggies and lean meats as toppings for a more filling meal.

Ingredients:

- 1 1/4 cup white whole wheat flour
- 1/4 tsp. salt
- 1/4 tsp. baking powder
- 1 large egg
- 1/2 cup + 1 tablespoon skim milk
- 1/4 cup plain non-fat Greek yogurt
- 2 Tbsp. olive oil
- 2 cloves garlic
- 1/4 tsp. dried oregano
- 1/4 cup grated Parmesan cheese
- 1/4 cup part-skim mozzarella cheese
- 1 cup Guiding Star-earning marinara sauce



Instructions:

1. Preheat your waffle iron.
2. Stir together flour, salt and baking powder.
3. In another bowl whisk together the egg, milk, yogurt, oil, garlic and oregano.
4. Pour the wet into the dry and stir until fully incorporated. Fold in the Parmesan cheese.
5. Grease your waffle iron with cooking spray and cook waffles according to the instructions with your waffle iron.
6. Place the waffles on a baking sheet. Spread a light coating of sauce on each waffle and top with cheese. Broil in your oven for 2-3 minutes until the cheese is lightly browned.
7. Serve with extra sauce for dipping on the side.



Scan our QR code 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!

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](https://www.hannaford.com).



GUIDING STARS[®]
NUTRITIOUS CHOICES MADE SIMPLE



Good

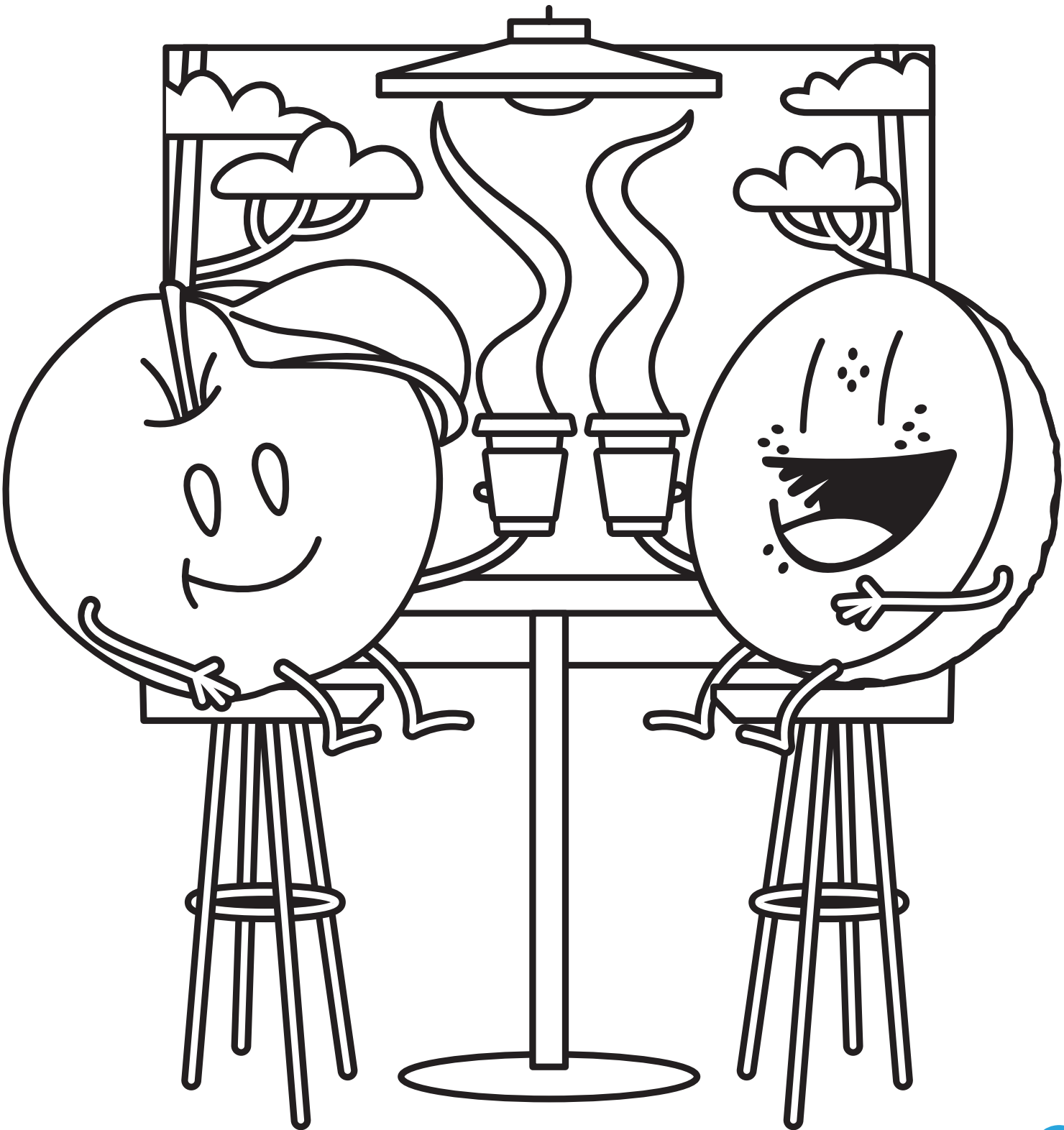


Better

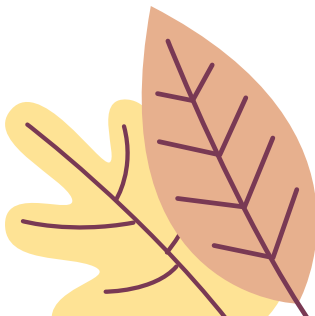


Best

Cozy Night In



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



Snack Pals Coloring Page

Snow Day



Snack Pals Coloring Page

Making An Igloo

