

Feed Your Brain

#6 Ziplock Bags

Pack them full of sliced veggies, pieces of fruit, berries, whole grain cereals, air-popped corn or dried fruit.

You are more likely to eat well with healthy snacks on hand.

Remember the healthier the food, the more effective your brain is at retaining information and the better you will perform come exam time.



Hamilton
Public Health Services

Health Action Team

CAUTION ZOMBIES

