

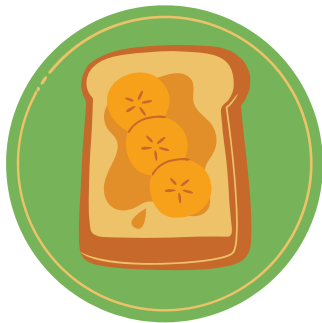
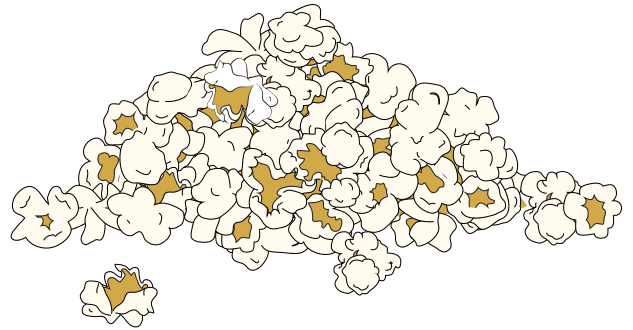
Snack Attack!

When looking for a snack, look for a snack with protein and fiber to keep your energy up. Many packaged snacks have excess sodium and sugar. Snacking adds nutrients between meals, can help you concentrate by keeping your energy level high, and can satisfy your hunger until your next meal.



Spring rolls

Roll chopped veggies, rice noodles, and your protein of choice in rice paper.



Peanut butter and banana on a slice of whole grain toast

Make your own popcorn and season with your favorite flavors! Here are some of ours:

- **Churro:** Cayenne, cinnamon, sugar
- **Dorito:** Nutritional yeast, garlic powder, onion powder, cumin, paprika, chili powder, cayenne
- **Apple Pie:** Vanilla, cinnamon, nutmeg, allspice, ginger, cardamom
- **Shana's favorite:** Rosemary and parmesan cheese
- **Nicole's favorite:** Cumin, coriander, turmeric, ginger, cinnamon, cayenne, brown sugar



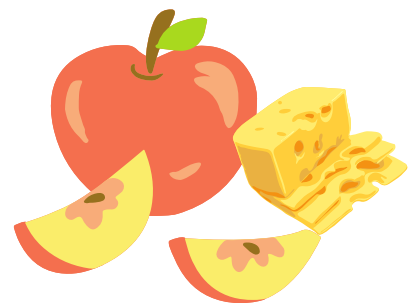
Hummus and veggies

Make your own hummus on the cheap! Mix chickpeas, tahini, garlic, olive oil, and lemon juice in a food processor or blender until smooth.



Crispy chickpeas

Mix cooked chickpeas with your favorite spices and a little oil and roast at 375° for 45 minutes, mixing halfway through.



Apples and cheese

Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.

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