

HEALTHY CARE-PACKAGE IDEAS

Sending your college student an entire batch of home-made chocolate chip cookies may make YOU feel better, but for anyone concerned about weight gain at school, it's sending a lot of fat and calories right to their doorstep. Care packages don't have to be filled with food, but when they are, consider some of the lighter options listed below.

NON-FOOD IDEAS:

- a newsy note signed by family and friends
- a home-made photo or music CD
- school and/or laundry supplies
- a small new item of clothing
- toiletry refills
- a gas card to help defray travel expenses
- a new mug or water bottle – encourage water consumption!
- a favorite CD or I-Tunes download
- pain reliever, tissues, cough drops
- a sentimental item from home like an old stuffed animal
- \$\$\$ and more \$\$\$\$\$\$

FOOD IDEAS:

- Kim's Light Bagels ☺
- Kellogg's Granola Bars, asst'd varieties
- packets of sugar free Jell-O
- Moo Magic Mix-ins
- Wish Bone Salad Spritzers
- Hostess Mini Cupcakes
- M&Ms or other candy – portion controlled
- almonds
- Little Debbie Pecan Pinwheels
- Campbell's Soup at Hand, asst'd varieties
- 94% fat free popcorn and various popcorn seasonings
- Kellogg's Rice Krispy Treats, home-made or prepackaged
- No Pudge or Vita-Brownies, home-made or mixes
- Nonni's Biscotti
- 100 calorie snack packs, all kinds
- Hershey Sticks, milk chocolate or caramel filled
- Fiber One cereal
- individual bags of low fat or fat free chips
- sugar-free Twizzlers, jelly beans or gum
- coffee with Splenda Flavor Blends or sugar free Coffeemate



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