CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Creating a Healthy Snack Station



A healthy snack station makes it easier to choose nutritious options throughout the day. Use this checklist to set up a convenient and appealing snack area.

11 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Choose a Visible Location**

Select a central spot in your home or workplace that's easy to access.

TIP *Place the station near high-traffic areas like the kitchen counter or your desk.*

2 **Stock Fresh Produce**

Include fruits and veggies that are easy to grab and eat.

EXAMPLE *Apples, bananas, baby carrots, or snap peas for quick, healthy choices.*

3 **Incorporate Protein-Rich Options**

Add snacks like boiled eggs, Greek yogurt, or individual cheese portions to keep you fuller longer.

TIP *Use a small cooler or insulated container if refrigeration is needed.*

PREVIEW



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