

### **“SURPRISE! IT’S THRIVE!”**

To encourage better nutrition, THRIVE! started delivering healthy, alternative snacks in pop-up “surprises” to Wellington-area businesses and organizations. The first surprise was at a Village of Wellington Council meeting, where members were treated to delicious, nutritious Mixed Berry Bars prepared by THRIVE! dietitian Libby Showalter. The next target was the Wellington Police Department, where officers enjoyed a yummy Yogurt Parfait. (For recipes, go to our “Healthy Eating” page and click on the Recipes tab.)

To thank all the hard-working people of Wellington’s Parks Department, Jenny Arntz of Main Street Wellington surprised workers with Heart-Healthy Snacks In August.

Be on the ready. You, too, could be surprised by a delicious snack from THRIVE!