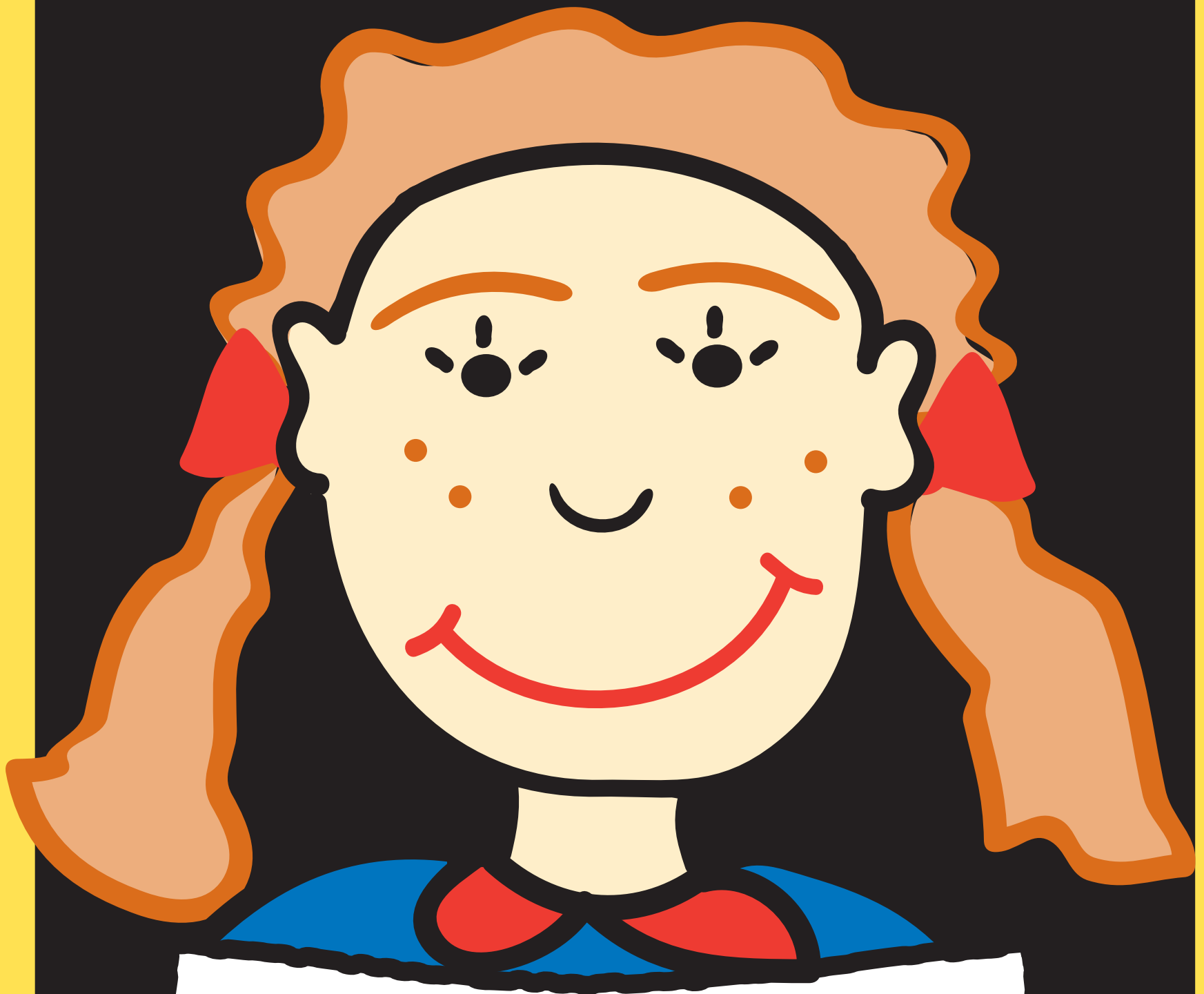


# Maine kids eat smart!



## My Snack Recipe: Orange Smoothie!

1. Combine:
  - 1 cup milk
  - 1 cup water
  - 8 ice cubes
  - 1 teaspoon of vanilla
  - 1/2 can of frozen orange juice
2. Mix in a blender until smooth

**Eat Smart:**  
*It's a healthy start*



Angus S. King, Jr.  
Governor

Kevin W. Concannon  
Commissioner

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The Maine Nutrition Network is a statewide coalition of over 200 individuals and partner organizations established by the Edmund S. Muskie School of Public Service, University of Southern Maine, and the Maine Department of Human Services, Bureau of Health.

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