

# Start the Year Off With Healthy Snack Options for the Kids



It's a new year, and after the holiday sugar rush of Halloween, Thanksgiving, and Christmas our kids are in need of healthy snack alternatives. Meat jerky and dehydrated fruit chips or rollups are excellent options for mid-day snacks, and the NESCO Food Dehydrator is here to help.

---

# Jump Start New Year's Resolutions to Get Healthy



NESCO makes a variety of kitchen appliances that can help with healthy eating goals—including the NESCO 5 Qt Food Steamer which provides quick, healthy meal options for the entire family.