

## PERFECT SNACK FOR MOMS ON THE GO! - JENN POWELL - EVER AFTER IN THE WOODS

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Parenting is a full time job and I love that I now have an easy snack to take with me to keep up with these kids. We are involved with soccer and dance, not to mention lots of other outings!



As any mom knows a snack bag is an integral part of a day out with the kids. Having a **ProNourish® Digestive Wellness Drink** on hand is an easy way to have an on-the-go snack, and now they have a chocolate flavor and it is delicious.



As most of you know I have some digestive sensitivities, so I can't drink many similar convenience products, but these Nestlé Health Science ProNourish® Drinks are perfect for me.



ProNourish<sup>®</sup> Nutritional Drinks can be the perfect snack or small meal, with 15 grams of high-quality protein, no gluten or high fructose corn syrup, and suitable for people with lactose intolerance. These are perfect to take with you on the way out the door with the kids and they are a great option for people following an exclusion diet.



For me it is all about the ease of use. Placing one of these drinks in the family snack bag makes it easy for me to stay on track with my fitness goals. No more reaching for a few chips or cookies because I forgot to pack something for me to eat when I am out with the kids.



This chocolate flavor from Nestlé Health Science ProNourish® Drinks is rich and creamy; it tastes like a yummy chocolate milkshake. Be sure to look for these online or in your local retailer nationwide so you can stay on track with your health too.