

# KIDSTUFF

FAMILY@THEWAVEMAG.COM



## Veggie Wedgies

*Available at a wide range of local grocery stores. For your closest retailer go to [www.peasofmind.com](http://www.peasofmind.com)*

Let's face it, there's nothing kids love more than a cardboard cup brimming with tasty French fries. But what if you could substitute that special occasion treat with a healthy, everyday alternative? That was the thinking behind award-winning Bay Area company Peas of Mind's latest product – Veggie Wedgies. These baked, crispy French-style fries are made from healthy alternatives including broccoli, carrot, cauliflower and apple, and are fat free, allergen free and packed with vitamins and nutrients instead of oil and sodium. Just one serving of this innovative new snack (14 Veggie Wedgies) contains more than half the recommended daily intake of fruit or vegetables for growing kids (as per the American Heart Association guidelines.) We'll snack to that.