



EDIBLE DEFENSE

A healthy diet is key to keeping kids immune systems in top form. These seven munchies will give their defenses an extra jolt.

1 ORANGE-AID The first ingredient in these stealthy baked fries? Bright orange, vitamin-packed carrots. Boo-yah! **Peas of Mind Veggie Wedgies Baked Carrot Fries, \$3.99**