



Upgrade Your Snack

Help us rid the world of a million bad snacks!
Get a free tasty snack with the Kashi™
Snack Drive. Happy snacking!

[Get your free snack »](#)



Today's Challenge

Get rid of VOCs naturally

Ever opened a package containing something like a new vinyl shower curtain, only to reel at the strong odor of chemicals? Welcome to the world of VOCs. Volatile organic compounds are gases released by...

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Things we're currently loving...



Maple Cinnamon Applesauce

Turn fresh fall apples into delicious maple-and-cinnamon-spiked homemade applesauce with this easy treat. Pure maple syrup and ripe apples add all natural sweetness.

[> See more delicious recipes...](#)



TLC® Pumpkin Spice

We bake up our Seven Whole Grains and Sesame with the wholesome goodness of roasted nuts, whole seeds, and warm spices in these Pumpkin Spice Flax TLC® Crunchy Granola Bars.

[> See more Kashi products...](#)

Squash Buyers' Guide

Sweet, low-fat winter squash add color and rich flavor—along with fiber and vitamins—to fall and winter tables.

[> See more articles...](#)

Snacking for Kids

Active kids are hungry kids. Providing your children with healthy snacks is a great way to keep them going through the day, while helping them to get the nutrition their growing minds and bodies need!

[> See more articles...](#)



Natural Lifestyle Education

At our San Diego Wellness Hubs, you can learn to cook, navigate the natural food world, tour organic farms, do beach yoga, and hike.

[Get more fun facts inside!](#)

