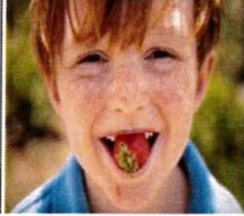


Healthy Snack Ideas:



- ❖ 100 Calorie Snack Packs
- ❖ Graham Crackers
- ❖ Ritz Air Crisps
- ❖ Breakfast & Cereal Bars/ Cereal Mixes- Nutri grain Bars, Quaker Fruit & Oatmeal Bars/ Bites
- ❖ General Mills Milk'n Cereal Bars (Cheerios, Cocoa Puffs), Chex Mix
- ❖ Dried Fruits-Raisins , Cranberries
- ❖ Fresh Fruit-Grapes, Berries, Melon Balls/Wedges, Fruit Kabobs, Fruit with Dipping Sauce
- ❖ Fresh Vegetables-Baby Carrots, Vegetable Buds/Sticks w/ Low Fat Dip
- ❖ Frozen Fruit Juice Pops-100%Fruit, Cool Daze Fruit Pops
- ❖ Fruit Bowls or Fruit Parfaits- Dole Fruit Unsweetened Applesauce
- ❖ Granola Bars
- ❖ Low Fat Yogurts & Go-gurt
- ❖ Low Fat Muffins
- ❖ Low Fat/ Low Sugar Cookies- Snackwells Chocolate Crème/Vanilla Crème/Famous Amos Low Fat Ginger
- ❖ Low Fat/ Low Sugar Pudding Cups
- ❖ Low Fat String Cheese
- ❖ Nuts- All Varieties
- ❖ Popcorn-reduced fat microwave or popcorn made with canola oil
- ❖ Pretzels hard and soft
- ❖ Reduced fat Ice Cream/ Frozen Yogurt/Sherbert
- ❖ String Cheese, low fat
- ❖ Rice Cakes
- ❖ Rice Krispie Treats- Original Flavor
- ❖ Teddy Grahams/ Elf Grahams
- ❖ Trail Mix- Dried Fruits & Nuts
- ❖ Welch's Fruit Snacks
- ❖ Milk low fat, fat free, and including chocolate
- ❖ Water and flavored waters
- ❖ Juice 100%