

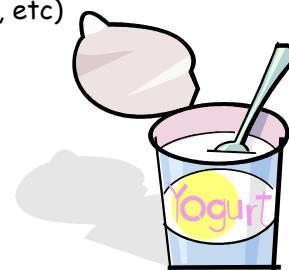
Healthy Snack Ideas

- animal crackers
- graham crackers
- crackers and cheese/peanut butter
- reduced-fat vanilla wafers
- dried fruits
- rice cakes
- trail mix
- cereal mix
- dry roasted nuts
- low-fat popcorn
- pretzels or baked potato chips
- baked tortilla chips and salsa
- whole grain bagels
- fat-free fig cookies
- low-fat muffins
- fresh fruit (apple slices, grapes, bananas)
- fresh vegetables with low fat dip (carrots with ranch, celery with peanut butter)



Individually Wrapped Portions

- mixed fruit cups
- unsweetened applesauce cups
- reduced-fat sandwich crackers
- animal crackers
- 100 calorie snack packs (Wheat Thins, Goldfish, Chips Ahoy, etc)
- fruit and grain bars
- small boxes of raisins
- low-fat granola bars
- fat-free or no sugar added pudding cups



Snacks to be put in a Cooler on Ice

- finger sized sandwiches
- 100% fruit juice
- low-fat yogurt
- light string cheese
- sugar-free gelatin cups

