



Ideas for a Healthier Snack Time

100% real fruit juice boxes, apples, non-fat flavored yogurts, whole grain pretzels, fruit smoothies, reduced fat cookie doughs, veggies with ranch dressing, chocolate pudding, bananas, greek yogurt, whole grain bagels, carrots, whole grain crackers, whole grain cookies, flavored dried cranberries, vanilla pudding, whole grain graham crackers, granola, reduced sugar granola bars, applesauce, whole grain crackers with hummus, veggies with sunflower butter, raisins, whole grain muffins, reduced sugar/reduced fat ice cream bars, mixed fruit cups, 100% fruit popsicles, oranges, baked fries, cherry tomatoes, whole grain rice crispy treats, whole grain breakfast snacks, 100% fruit juice fruit snacks, grapes, whole grain animal shaped crackers, pears, baked potato wedges, salad, reduced sugar fruit rolls, reduced sugar cereals, kettle corn, red peppers, reduced sodium beef jerky, peaches, lite popcorn, reduced fat snack mixes, reduced fat branded chips, reduced sodium tortilla chips, string cheese, unsalted/mixed nuts, whole grain cereal bars, sunflower seeds, beans, kiwis, frozen yogurts, dried fruits, pineapples, celery and many more...