

SNACK LIST**Suggestions for APPROVED HEALTHY SNACK LIST (Snacks should be store bought and not homemade)**

All Fresh Fruits
All Fresh Vegetables
Pretzels
Graham Crackers
Baked Crackers
Goldfish
Chex Mix (no nuts)
Trail Mix (no nuts)
Plain Animal Crackers
Granola Bars (than 15 grams of sugar)
Mini bagels with cream cheese
String Cheese
Raisins or other dried fruit (unsweetened)
Canned Fruit (in 100% juice)
Yogurt

SNACKS TO AVOID

Candy
Peanuts
Fruit Snacks
Fruit Rollups
Cupcakes
Chips
Sports Drinks & Soda