

Healthy Snack Suggestions Summer 2010

Sweet

- Go-gurt
- Pudding cups
- Jello cups
- Fig Newtons
- Fudgesicles
- Animal crackers
- 100 calorie packs
- Granola bars
- Fruit snacks
- Raisins
- Fresh fruit

Salty

- Rice cakes
- Pretzels
- Baked chips
- Baked crackers
- Pita chips
- Sunchips
- 100 calorie packs
- Goldfish
- Trail mix
- Chex mix
- Sunflower seeds
- Nuts
- String cheese
- Fresh vegetables

When possible please provide
individually wrapped snacks.

Also needed:
bottled water, juice boxes.