

## HEALTHY SNACKS AND TREAT LIST

- ❖ Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- ❖ Fresh fruit and 100% fruit juices
- ❖ Frozen fruit juice pops
- ❖ Dried fruits (raisins, banana chips, etc.)
- ❖ Low-fat meats and cheese sandwiches
- ❖ Crackers
- ❖ Baked corn chips and fat-free potato chips with salsa and low-fat dips (Ranch, French, Onion, bean, etc.)
- ❖ Low-fat muffins, granola bars and cookies
- ❖ Angel food and sponge cakes
- ❖ Flavored yogurt and Fruit Parfaits
- ❖ Jell-O and low-fat pudding cups
- ❖ Low-fat ice creams, frozen yogurts, sherbets
- ❖ Low-fat and skim milk products
- ❖ Pretzels
- ❖ String cheese
- ❖ Graham crackers
- ❖ Animal crackers
- ❖ Air-popped popcorn
- ❖ Unsweetened cereal
- ❖ Bagels

### Suggested peanut-free snack/treat list

Raw vegetable sticks/slices	Fruit
Yogurt	Popcorn
*Graham crackers	*Pretzels
Dried fruits ( raisins, banana chips, etc)	Cheese and *crackers
Fruit, jello, or low fat pudding cups	String cheese
*Animal crackers	*Corn chips
*Dried cereal (eg. frosted mini-wheats)	100 % fruit snacks
100 % fruit juice	
*Rice Krispie treats	

**\*Parents: Please check labels for nut/peanut-free status**