

Smart Snack Compliant List

Whole Grain **Animal Crackers**
Applesauce

Whole Grain Cereal or Whole Grain **Cereal Bars**
Whole Grain **Cheez It**
Special K Cracker **Chips**
Whole Grain or Whole Wheat **Crackers**

Low Fat Fruit **Dip**
Low Fat Vegetable **Dip**

Dried **Fruits** and Vegetables
Fresh **Fruit** of any kind (Suggestions: Apples, Grapes, Peaches, Plums, Pineapple, Etc.)
Individual Fruit Cups

Whole Grain **Gold Fish** (Whole Grain Cheddar, Whole Grain Chocolate, Whole Grain Vanilla, Whole Grain Pretzels)
Nature Valley **Granola Bars**:
 Chewy – Chocolate Chip or Oatmeal Raisin
 Crunchy – Oats N Honey or Peanut Butter
Whole Grain **Graham Crackers**

100% **Juice**
Frozen 100% **Juice Pops**

Whole Grain or Bran **Muffins**

Peanut Butter
Popcorn
Whole Grain **Pop Tarts** (Strawberry and Brown Sugar Cinnamon)
Whole Grain **Pretzels**
Fat Free **Pudding Cups**

Raisins

Lite **String Cheese**

Fresh **Vegetables** of any kind (Suggestions: Carrot Sticks, Celery, Broccoli, Cauliflower, Green Peppers, and Cucumbers)

Lite or Fat Free **Yogurt** (Cups or squeeze tube)
Frozen Lite or Fat Free **Yogurt Pops**

We will welcome your suggestions of possibilities for approved snacks. Please e-mail your list to dgilbert@evdio.org and your suggestions will be discussed at the next Wellness Meeting. Thank you.