

## **Wellness Committee Approved Snack List**

3/24/22

The Wellness Committee recommends that a variety of snacks be provided. It is encouraged that foods from each category below be included on a weekly basis.

Be aware of individual allergy and medical health conditions when planning and serving snacks. It's best to avoid snacks that include nuts.

Note: Food labels and ingredients may change over time, so it is always recommended that you read the label prior to purchasing snacks. This includes labels that read "May contain traces of peanuts/nuts" or "Manufactured on equipment that also processes nuts."

### ***Shelf Stable:***

#### **Fruit and Vegetables:**

Apple sauce cups

Pickled vegetables

Olives

Raisins or other dried fruit

#### **Grains/Carbohydrates:**

Bagel, snack size, with cream cheese

Cheerios, Chex or other low sugar dry cereals (not messy to eat with fingers)

Chips and salsa

Fig Newtons

Goldfish or other cheese flavored crackers

Graham crackers, original

Kashi or other cereal/granola bar \*aim for low sugar

Pirate's Booty

Popcorn, regular butter/salt flavor

Pretzels

Rice cakes

Saltines or oyster crackers

Sunchips

Triscuits or other whole grain crackers

#### **Proteins/Healthy Fats:**

Roasted chickpeas, soy beans, pumpkin seeds or sunflower seeds

### ***Perishable:***

#### **Dairy:**

Yogurt

Cheese Sticks

#### **Fruits:**

Apples (including Crunch Pak apples)

Bananas

Grapes

Oranges/Mandarins

Pears

Plums

Strawberries or other berries

#### **Vegetables:**

Bell peppers

Broccoli

Carrots

Celery

Cherry tomatoes

Cucumbers

Sides to be included with fruits and vegetables may include ranch dip, hummus or sun butter.