



Guidelines!

These suggestions are a guide only. Please feel free to use your imagination! Here are a few pointers to finding healthy snacks:

- READ LABELS! Wow! It is amazing what advertisers try to get us to think just by saying healthy or using the word 'natural' on the label.
- Fresh is generally best.
- Whole grains are better than white flour.
- Watch sugar and fat contents.
- Fried is not healthy. Even baked chips can be very high in sodium. Please do not send chips for snacks.

Here are some suggestions:

- Any fresh fruit or vegetable.
- Small sandwiches. If you're into fun, Make them shaped!
- Crackers with cheese, hummus, tuna, egg, etc.
- Pita chips and hummus.
- Yogurt
- Small musubi
- Goldfish
- Belvita breakfast bars (or something similar – low sugar, whole grain)
- Low sugar cereals
- Granola bars (watch for nuts!)
- Rice Krispies treats (Yes, they pass nutritional guides!)
- Oatmeal cookies
- Boiled eggs
- Muffins
- Waffles or pancakes
- Jerky
- Any 100 calorie pack (keep in mind that even 'banned' items in them are okay, but only because they should be eating only one pack!)

Definite no-nos:

- **Chips (Unless they are baked)**
- **Candy**
- **Most packaged cookies**
- **Fruit roll up or snacks (genuine fruit leather is fine, but most of these are thinly disguised candy)**
- **Frosted anything.**