

Healthy Snacks

for a happy, healthy body!

For parties, treats or special events, please consider offering healthy snacks and pure fruit juice, low or non-fat milk, soy milk or water. There are many options available that are natural and nutritious. Here are some suggestions:

- ~ Crudité (cut up veggies) with dip
- ~ Sunflower seeds and raisins
- ~ Whole grain crackers with low fat cheese
- ~ Fresh fruit platter
- ~ Whole clementines, apples or bananas
- ~ Whole grain or natural pretzels
- ~ Corn chips with black bean dip
- ~ Low salt air popped popcorn
- ~ Whole grain rice cakes, plain or with nut butter
- ~ Trail mix (nuts, seeds, dried fruit)
- ~ Whole grain, naturally sweetened granola bar
- ~Fruit Leather - made from real fruit and fruit juice only
- ~Natural, unsweetened apple sauce (available in individually pre-packaged cups)
- ~Whole wheat pita bread with hummos
- ~A non-food treat ~ Festive goodie bags filled with items such as stickers, pencils, trinkets, etc.