

APPENDIX A
SUGGESTED SNACKS

RECOMMENDED

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| ➤ Whole fruit (apple, banana, grapes) | ➤ Almonds | ➤ All natural yogurt (Stonyfield Farms sells kid-friendly yogurts with no artificial colors or flavors. They even have yogurt in a tube you can freeze.) |
| ➤ Veggie sticks (carrots, celery) | ➤ Pre sliced apples (available at Costco, Trader Joe's & others) | ➤ String cheese, cheese sticks |
| ➤ Baggie of whole grain cereal | ➤ Fig newtons (Paul Newman makes an organic version, available at Fry's.) | ➤ Cereal bar (Trader Joe's sells all natural bars with different fruit fillings) |

ACCEPTABLE

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|---------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| ➤ Pretzels | ➤ Granola bars without chocolate chips (look for ones made with whole grain and low in sugar) | ➤ Crackers (Trader Joe's sells several varieties of crackers made without hydrogenated oils) |
| ➤ All natural fruit leather (available at Costco) | ➤ Fig newtons (Paul Newman makes an organic version, available at Fry's.) | ➤ Chex Mix |
| ➤ Trail mix without candy | | |

NOT ACCEPTABLE

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| ➤ Candy | ➤ Chips (Doritos, Cheetos, etc) | ➤ Snack cakes (Twinkies, Ding Dongs, etc) |
| ➤ Cookies | ➤ Rice Krispy treats | ➤ "fruit" snacks, gummy fruits, "fruit" roll ups |
| ➤ Soda, juice, Gatorade | | |