

Smart Snack Suggestions

Smart Snack Calculator: <https://foodplanner.healthiergeneration.org/calculator/>

General Preferred Items

Items must meet guidelines unless exempt

- Fresh fruit
- Dried fruit
- Fruit cups
- Vegetables
- Cheese
- Nuts (consider allergies)
- Seeds
- Nut butters (consider allergies)
- Yogurt
- Applesauce
- 100% Fruit snacks
- Goldfish crackers
- Raisins
- Pudding Cups - fat free

Exempt Snacks

- Nuts
- Nut butters
- Seeds
- Eggs
- Cheese packaged for individual sale
- Fruit
- Vegetables
- Legumes

Acceptable Beverage

- Water
- 100% fruit juice
- 100% vegetable based juice
- Milk/milk alternative 1% or nonfat
- Flavored milk nonfat

