

Healthy Dairy Snack Ideas

- String Cheese and Fruit
- Low fat or nonfat Milk or Yogurt Smoothies with 100% fruit juice and sliced bananas or strawberries
- Cottage Cheese or Yogurt with fruit (fresh or canned)
- Fat-Free or 1% White, Chocolate or Flavored Milk

Healthy Fruit and Veggie Snack Ideas

- Raw Vegetables with low-fat yogurt dip, cottage cheese or humus
 - Baby Carrots
 - Celery Sticks
 - Cucumber Slices
- Apples and cheese - pears and other fruits are good too!
- Frozen fruit bars
- Trail mix with nuts and dried fruit
- 100% Fruit Juice box

Healthy Grain Snack Ideas

- Whole-grain crackers with cheese or peanut butter
- Whole-grain cereal with milk
- Flavored rice cakes (like caramel or apple cinnamon) with peanut butter
- Baked potato chips, or tortilla chips with salsa
- Popcorn - Air popped or low-fat microwave
- Pretzel sticks and a glass of milk
- Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bar or raisins, and a glass of mi

First ingredients need to be the following:

“whole grain rich” grain product, a Fruit, a vegetable

Sodium must be 200mg per serving