

Healthy Snack Suggestions

- Raw carrots, celery, peppers or broccoli with a dip or dressing
- Animal crackers
- Pretzels or popcorn
- Cherrios, granola or other non-sugary cereals in a baggie or tupperware
- Cereal bar
- Granola bar
- Whole grain breads or crackers with a fruit spread
- Graham crackers
- Rice cakes
- Fresh fruits
- Dried fruits
- Cheese cubes or sticks
- Gold fish crackers
- Yogurt in a tube (try freezing them as well!)