

HEALTHY SNACKS

BREADS/CEREALS/GRAINS – Must be enriched or whole grain. Get label from bakery department if label on product says just “flour”, but baker uses “enriched flour”.

- English Muffins or Muffins
- Variety of Breads and Buns (Pita, Dinner Rolls, etc.)
- Variety of Cereals (Wheaties, Mini Wheats, Toasted O’s, Cheerios, Honey Nut Cheerios, Multi-Grain Cheerios, Life, Cinnamon Life, Crispix, Wheat, Corn or Rice Chex, Honey Bunch of Oats, Kix, Raisin Bran, Rice Krispies, All Bran Complete Wheat Flakes.
- Corn Tortilla Chips, Tortilla Shells
- Bagels
- Graham, wheat, whole grain soda crackers
- Vanilla wafers, animal cookies, pretzels

FRUITS AND JUICES – MUST be 100% Juice. Not “cocktail” or “drink” or “punch” (Juicy Juice brand does make a “punch” that is 100% juice and can be used. Capri Sun 100% Juice can be used.)

- Variety of fruits and juices available.
- Kiwi-Cut in half and scoop with a spoon. Kids can do this!
- Mandarin Oranges
- White Cranberry Peach juice
- Tomato or V-8 juice

VEGETABLES (Ok to use ranch dressing for a veggie dip)

- Salsa (all vegetable)
- Cauliflower, Broccoli, Baby Carrots, etc.

MILK

- White or Chocolate (Skim or 1%)
- Hot Chocolate (made with fluid milk)

MEATS/MEAT ALTERNATES

- Cottage Cheese
- Cheese / Cheese Sticks / String Cheese
- Yogurt
- Lean Ham, Turkey, Chicken or Beef Sandwich Meat (Aim for the lower fat and lower sodium ones)

Refer to the Crediting Foods information given to all home visitors for other ideas