

SAFE SNACK ALTERNATIVES

Fruits and Vegetables

- Apples
 - Bananas
 - Baby Carrots
 - Oranges
 - Watermelon
 - Cucumber
 - Bell Peppers
 - Grapes
 - Celery Sticks
 - Strawberries
 - Peaches
 - Plums
 - Blueberries
 - Raspberries
 - Cherries
 - Cantaloupe/honeydew melon
 - Cuties
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- Cereals – Such as Shredded Wheat, Cheerios, Apple Jacks, Fruit Loops, Kix, Corn Pops. There are several cereal options, just be sure to check the labels
 - Gogo Squeeze, Fruitocracy Applesauce
 - Sun Maid Raisins – Not the yogurt or chocolate covered ones
 - Nutra-Grain Cereal Bars
 - Pepperidge Farms Goldfish & Annie's Crackers and Grahams
 - Delmonte & Dole Fruit Cups
 - Kraft String Cheese, sliced cheese, cheese cubes
 - Yogurt – Yoplait, Go-gurts, Annie's or Danimals. Avoid the yogurts with granola or candy toppings
 - Fruit Snacks – Betty Crocker, Target, Annies Organic, Welch's
 - Cheese Nips
 - Teddy Grahams
 - Nilla Wafers
 - Honey Maid Graham Crackers
 - Premium Saltines
 - Cheez-its
 - Wheatables
 - Wheat Thins
 - Triscuits
 - Town House Crackers
 - Ritz Cracker Rounds
 - SkinnyPop Popcorn
 - Sensible Portions Garden Veggie Straws

- Pirate's Booty Aged White Cheddar
 - Jell-O Pudding Cups and Gelatin
 - Hunts Pudding
 - Kraft Handi Snacks Pudding Cups
- Rold Gold Pretzels – Thins, Sticks, Rods, Tiny Twists

Special Occasion Treats

- Skeeter Snacks – <http://www.skeeternutfree.com/>
- Nabisco Oreos – Original in blue packaging
- Nabisco Oreos Golden – Yellow Packaging
- Lorna Doone Cookies
- Hershey Kisses and chocolate chips
- Kraft Marshmallows
- Rice Krispie Treats
- Popsicles
- Dum Dum Suckers
- Blow Pops
- Swedish Fish
- Sweet Tarts
- Whoppers
- Junior mints
- Tootsie Rolls-chocolate and fruit flavors