

Almonds, raw—About 23 per snack serving. Pre-package servings in snack size zip locks for easy-to-grab snacks!

Ants on a Log—Celery sticks filled with nut butter, sprinkled with raisins or shaved coconut.

Apples – eaten as most convenient for you – cored and sliced or diced, or one bite at a time!

Apple Nachos—Slice apples, drizzle with honey, melted peanut butter, and sprinkle with raisins, if desired

Bananas

Cashews, raw – About 20 per snack serving. Pre-package servings in snack size zip locks for easy-to-grab snacks!

Cherry Tomatoes – washed, dried, and packaged in snack size zip locks for quick, easy-to-grab snacks or sides.

Cottage Cheese – 1 cup per serving

Dried Fruit – apple chips, apricots, cherries, cranberries, peaches, raisins, raspberries, strawberries, etc. Pre-package servings in snack size baggies for easy-to-grab snacks! Tip: Watch the sugar content.

Fresh Fruit – washed, sliced, and packaged in snack size zip locks for quick, easy-to-grab snacks or sides.

- Blackberries
- Blueberries
- Grapes
- Raspberries
- Strawberries

Fresh Vegetables – washed, sliced, and packaged in snack size zip locks for quick, easy-to-grab snacks or sides.

- Baby Carrots
- Celery
- Cucumbers
- Peppers (all colors – cut into slices)
- Sugar snap peas
- Tomatoes (cherry)

Grapes - washed, dried, and packaged in snack size zip locks for quick, easy-to-grab snacks or sides. Can also freeze for a healthy, cold, quick treat!

Hummus & Veggies—Store bought hummus with fresh veggies (carrots, snap peas, celery, cucumber, grape tomatoes, peppers)

Oranges, clementines – easy to peel & great for on the go!

Pistachios—About 25 per snack serving. Pre-package servings in snack size zip locks for easy-to-grab snacks!

Smoothies

Walnuts, raw—About 10-15 per snack serving. Pre-package servings in snack size zip locks for easy-to-grab snacks!

Whole Grain Crackers with nut butter & bananas—cracker smeared with peanut butter and sliced bananas on top

Yogurt – 1 (8 oz) container