

Packable Snacks Checklist

Children need several snacks or mini meals during the day to keep them going strong at school. Smart snack choices also help children get the variety of nutrients necessary for healthy growth and development.

Remember: Children should always be seated and supervised when eating. Try keeping portions small and varied. A few bites of this and a few bites of that may be all your child needs to satisfy his small tummy and recharge his batteries.

Keep this shopping checklist handy all year to help you come up with an interesting mix of wholesome snacks from week to week.

Dairy/Refrigerated Aisle

- Low-fat or fat-free string cheese
- Low-fat or fat-free shredded cheese
- Low-fat or fat-free yogurt cups
- Low-fat chocolate milk
- Cottage cheese
- Low-fat or fat-free cream cheese
- Hummus
- Ham cubes
- Turkey roll-ups (or any sliced deli meat that you can roll up)

Produce Aisle

- Apples
- Pears
- Clementines
- Bananas
- Blueberries
- Grapes (sliced)
- Strawberries
- Carrot sticks
- Celery sticks
- Cucumber slices

Canned or Jarred Items

- Salsa
- Applesauce cups (unsweetened) or other fruit cups
- Tuna

Dry Goods/Grains

- Teddy Grahams Trail Mix
- Teddy Grahams Honey Single Serve Pouches
- Dried fruit such as raisins or cranberries
- Dry cereals (low sugar)
- Tortilla chips
- Whole-wheat crackers
- Pretzels (lightly salted or unsalted)
- Whole grain mini bagels, pita pockets, sliced bread, or tortillas
- Rice cakes
- Popcorn—air popped or low-fat microwave
- Fig bars
- Graham crackers
- Granola bars

Reusable Products

- Teddy Grahams Go-Pak: Reusable snack cups with lids
- Zip-sealed plastic snack bags
- Plastic spoons (have your child bring them home each day to reuse)

