



Pack-A-Snack Ideas

Fruit & Veggies

- Apple (good with peanut butter)
- Banana (good with peanut butter)
- Carrots (good with hummus)
- Celery (good with peanut butter and raisins)
- Mango
- Pear
- Grapes
- Strawberries (good with yogurt)
- Blueberries (good with yogurt)
- Raspberries (good with yogurt)
- Oranges
- Peaches (good with yogurt)
- Plums
- Kiwi
- Grapefruit
- Avocado (good with soy sauce and brown rice)
- Pineapple
- Papaya
- Honeydew melon
- Cantaloupe
- Watermelon
- Cherries
- Edamame
- Raw sugar snap peas (good with hummus)
- Cooked green beans
- Raw sliced bell peppers (good with hummus)
- Cucumber slices
- Cherry tomatoes
- Cooked snow peas
- Raw cauliflower
- Raw broccoli
- Applesauce
- Unsweetened raisins
- Freeze dried fruit (like mango, banana, blueberries or strawberries)
- Canned fruit like mandarin oranges
- Olives

Whole Grains

- Whole-grain crackers (like Triscuits, multi-seed, brown rice crackers/snaps, whole-grain rye crackers topped with cheese, peanut butter or a cream cheese and jelly combo)
- Popcorn
- Oatmeal
- Whole-grain cereal (corn, brown rice, wheat or millet variety)
- Brown rice cakes
- Whole-wheat pretzels
- Whole-grain toast
- Small, cooked whole-grain noodles

Nuts and Seeds

- Peanuts
- Cashews
- Almonds
- Pecans
- Walnuts
- Pistachios
- Sesame seeds
- Pumpkin seeds
- Nut trail mix including dried fruit

Other

- Hard-boiled eggs
- Garbanzo beans
- Cheese (cubes or sticks, with or without crackers)
- Low-fat yogurt