

# Healthy Snack Ideas

*Read all labels: must say "made in a peanut-free facility"*

- Whole-grain bread, crackers, tortillas, bagels topped with jelly, cheese, or low-fat cream cheese
- Plain popcorn, sprinkle with parmesan cheese
- Low-fat cheese sliced or cut into shapes
- Apples, bananas, pears, oranges, grapes
- Small slices or chunks of melon
- Applesauce
- Fruit frozen into kabobs or pops
- Dried fruit, including leathers or rolls made with 100% fruit
- Fruit-flavored gelatin
- Yogurt
- Pudding
- String cheese
- Pretzels or baked chips
- Muffins (low-fat)
- Trail mix (with dried fruit and cereal) Caution: nut allergies
- Fresh vegetables (carrots, celery, cucumbers, ect.)

[www.yummy SISTERS.com](http://www.yummy SISTERS.com) has many healthy, packaged kids snacks which are made in peanut free facilities. It is a local company with shipping to your house or pick up in Oconomowoc.