

Little Packer Snackers

By this time of the year you have probably run out of ideas of what to pack for your child's milk break. Rather than giving in to the high-calorie, high-fat snacks, try some of the healthy, easy to grab snack treats listed below.

Fruits	Fresh	Grapes Peeled & sectioned oranges, apples, bananas, pears
	Dried	Raisins, apricots, bananas, pineapple
	Packaged (4 oz servings w/easy to open lids)	Motts, Del Monte, Dole, etc... Applesauce, peaches, wild berries, pineapple, oranges, fruit cocktail
Vegetables	Fresh	Baby whole carrots with or without dip. Raisin Log...Celery w/peanut butter & raisins on top.
Grains	Cereals	Frosted Mini-Wheats, Quaker Oat Squares, Apple Jacks, Honey Nut Cheerios, Cocoa Puffs, Honey Combs
	Breads	Cinnamon, Raisin, Cinnamon Raisin, Banana
	Crackers	Handi-Snacks...Cheese & peanut butter or crackers & cheese Pretzels in all shapes and sizes Graham crackers & graham crackers w/peanut butter
	Breakfast Bars	Nutri-Grain Twists Quaker...Fruit & Oatmeal Nature Valley...Granola
Puddings & Yogurts	Several brands & flavors to choose	Jell-O...Puddings Danimals, Trix, etc...Yogurt
Miscellaneous		Cubed or string cheese Plain or flavored cheeses such as parmesan or white cheddar on popcorn Trail Mix...1 C cereal, ½ C unsalted peanuts, ½ C raising
	Cookies & Treats	Fig or Raspberry Newtons, Oatmeal, & Rice Krispie Treats

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This is not an endorsement for products, but merely suggestions.