



Healthy Back To School Snacks

- **Healthy Muffins (low-sugar or sugar-free)** Banana muffins, apple muffins
- **Dill Pickles, Pickle Slices, Sweet Pickles, Pickled Asparagus** etc.
- **Salsa and Tortilla or Pita chips, Low-Carb options.**
- **Carrot sticks and Hummus**
- **Cheese and Meat Pinwheels** (tortilla with meat and cheese, with mustard, mayo or other condiments rolled up and sliced into pinwheels.
- **Bagel and Cream Cheese**
- **Unsweetened Apple Sauce or Puddings**
- **Air-Popped Popcorn**
- **Trail Mix with raisins, cereals, pumpkin seeds, dried fruits.**
- **Low-Sugar cookies homemade or store-bought**
- **Pretzels or Flavoured Pretzels**
- **Celery boats with cream cheese filling**
- **Baked Chips, Pepperoni, Salami or Parmesan Chips**
- **Dry Cereals with no little or no sugar**
- **Raisins**
- **Yogurt and Yogurt tubes**
- **Plain or Flavoured Rice Cakes**
- **Cottage Cheese Cups**
- **Apple Chips**
- **Naturally Flavoured Fruit Snacks, Dried Fruits, Dehydrated fruits.**
- **Gold Fish crackers and other crackers**
- **Hard Cheeses cubed , Cheddar, Brick, Swiss**
- **Soft Cheese *Laughing Cow**
- **Cheese Strings**
- **Tuna or Chicken Salad Cups**
- **Hard-Boiled Eggs**
- **Salami, Pepperettes, Beef, Turkey or Pork Jerky**
- **Vegetarian options-** raw veggies, cucumbers, carrots, celery etc, sliced fruits, clementines, oranges, bananas, apples, blueberries etc.
- **Raw options-** nut-free granola bars
- **Dairy Free options - any foods that contain no dairy**

