

Healthy Snacks

String cheese

Skinny pop popcorn

Beef jerky

Baked chips

Fresh fruit (grapes, strawberries, bananas, oranges, apple slices)

Yogurt

Fresh veggies (celery, carrots, snow peas)

Trail mix

Granola bars

Low fat muffins

Apple sauce

Cliff bars

Almonds

Nutella/breadstick snack

Raisins