

CWC Kansas City Healthy Snack List



Fruits

apples – slices
bananas
blueberries
cantaloupe cubes
cherries
clementines
grapes- cut in half
kiwis - sliced
orange wedges
pomegranate seeds
strawberries
raspberries
watermelon cubes
raisins
dried fruit



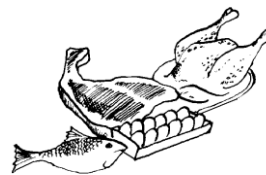
Vegetables

baby carrots
cucumber slices/sticks
grape tomatoes
red and yellow bell peppers – slices
sugar snap peas
edamame
guacamole
hummus
baba ganoush
white bean dip
salsa
avocado sliced
celery and dip



Grains

whole grain crackers
tortillas
corn chips
homemade popcorn
cereal bars
pretzels
honey wheat pretzels
snap-pea crisps
fruit/nut mix bars
granola bars
rice cakes
crisp flat breads



Proteins

yogurt – low sugar variety
turkey, ham, chicken - cubes/slices
cheese – slices/stick
almond butter and crackers/celery
tuna salad with crackers/celery