



Healthier Snacks

for a Happier, Healthier School

REAL FOOD • SIMPLE INGREDIENTS • DYE-FREE • LESS PROCESSED

We're working together to create a healthier school environment by offering simple, recognizable snack options for celebrations and classroom events. Thank you for supporting your child's health and well-being!



YES GREAT CHOICES



All of these items can be found at Target, Whole Foods, Amazon (and some at Costco).



DRINKS



- Water (best choice!)
- Hint (water flavored with fresh fruit)
- Honest Kids (organic juice boxes)
- 365 by Whole Foods Market (organic juice boxes)



FOODS TO LIMIT NOT ALIGNED WITH OUR GOALS

- Sugary drinks & fruit drinks
- Artificial colors or flavors
- High fructose corn syrup
- Unnecessary additives



Water is always a great choice!



CHIPS, CRACKERS & SNACKS



- Lesser Evil (Organic ingredients, non-GMO)
- Annie's crackers
- Simple Mills crackers
- Cadozt Crackers (Free from seed oils, artificial dyes, and gluten)
- Siete grain-free chips
- Gimme seaweed (Olive Oil)
- Beef Sticks (Archer Farms or EPIC 100% grass fed & 6g protein)
- From the Ground Up Cauliflower Crackers (Gluten-free)

- Artificial colors or flavors
- Highly processed chips & crackers
- Excess sodium
- Unnecessary additives



Choose simple ingredients and whole grains when possible.



GRANOLA BARS



- MadeGood (organic, lower sugar)
- LÄRABAR (made with dates, seed butter and chocolate chips)
- Clever Bars
- Purely Elizabeth Granola (organic)
- Cerebelly Bars (organic, plant-based)
- Skout Bars (sweetened with dates)

- High sugar
- Artificial flavors, colors or additives
- Highly processed ingredients
- Preservatives (potassium sorbate, potassium metabisulfite, sodium nitrite, ascorbic acid, sodium ascorbate, sodium erythorbate, citric acid)
- Long ingredient lists



Shorter ingredients lists are better!



COOKIES & SWEET TREATS



- Once Upon A Farm (Tractor Wheels, Pouches or Bars)
- Partake Cookies
- Siete Grain Free Cookies
- Back to Nature
- Simple Mills
- Abe's Muffins & Cupcakes (free from artificial flavors/dyes and preservatives, Egg, soy, nut & dairy free)
- Whole Foods Cupcakes (Free of artificial colors/dyes)

- Artificial colors or dyes
- Artificial flavors
- High sugar
- Highly processed cookies & baked goods



Simple ingredients make a big difference!



CANDY & FRUIT SNACKS



- YumEarth (organic ingredients, lower sugar, no artificial colors)
- SmartSweets (lower sugar, no artificial colors)
- Solely Fruit Snacks (single fruit ingredient)
- Hu Chocolate
- UNREAL (chocolate gems)
- Blue Stripes Cacao Bites
- Bear Fruit Bites
- Organic Dried Fruit (single ingredient, no added sugar)

- Artificial food dyes/colors (FD&C Blue 1, 2, FD&C Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow 5, 6, Orange B, Red No. 2)
- Artificial flavors
- High added sugar
- Highly processed candies and gummies
- Chewy, sticky candies



Look for natural colors & simple ingredients!



A few quick reminders:



When in doubt, check the ingredient label.



Brands and ingredient formulations can change, so always read the label.



Thank you for helping us build healthier habits for our kids!