

Snacks That I Can Definitely Buy Right Now

Kids look forward to snacks even more than their main meals. Make snacks count! After a long day at school, kids need to be reenergized and are ready to grab the first food in sight. Be prepared with clean-eating options that will satisfy your child and help avoid the temptations of junk food snacks. We suggest printing this PDF and posting it on your fridge.



YES

These store-bought snacks are approved for all levels of Balance 360.

LaraBars without chocolate chips.

Dried Fruit - Look for no added sugar or sulfites. Prunes, dates and raisins, for example.

Unsweetened applesauce - in cups or squeeze pouches (*ex: GoGo Squeeze pouches*).

Sweet potato or tortilla chips - with ingredients limited to sweet potatoes or corn, oil and salt.

Sunflower seeds, almond, peanuts, pumpkin seeds - check for no added flavors.

Least expensive is usually in the produce section or bulk foods.

Fresh fruit such as grapes, bananas, apples, clementines and strawberries.

Corn chips - skip flavored chips as they may contain additives. Limit corn to 2 servings per week.

Baby veggies - raw carrots, mini sweet bell peppers, pea pods and cucumbers.

Popcorn - unflavored - ingredients should be just corn, oil and salt. (*ex: Pop Lite Sunflower and sea salt*).

Or, make your own by putting 1/4 cup of popcorn kernels in a brown paper lunch bag, fold down the top and microwave for 1-2 minutes.

That's It Bars - made with only fruit.

Mary's Gone Crackers - original, herb and black pepper flavors.

Jerky - without added sugars, nitrates, flavors, etc.

Brown rice cakes

Kale chips - look for gluten-free, dairy-free.

Dried apple chips - unsweetened (*ex: Bare brand great granny crunchy apple chips*).

Beanitos Chips - Black bean original or white bean restaurant style flavors.

Jimmy Bar - examples flavors: How 'bout Dem Apples, Peanut Butter Clutter, No Bluffin Banana Muffin.

Made in Nature Figgy Pops Supersnacks - example flavors: Apple Cinnamon, Tart Cherry.

Pressed By Kind Fruit Bar - example flavors: Pineapple Banana, Mango Chia.

Date rolls - ingredients should be only dried dates and unsweetened coconut.

Love Bites by Blue Mountain Organics

Froozer brand popsicles

Mariani brand Honey Bars

Chickpeatos crunchy chickpeas by Watusee foods (*note: Cinnamon Toast Chickpeatos contain stevia*)

Bearded Brothers energy bars

The Yes Bar energy bars (*note: macadamia chocolate bar has added sugar*)

*For more snack inspiration, visit the snack photo album in our facebook community.