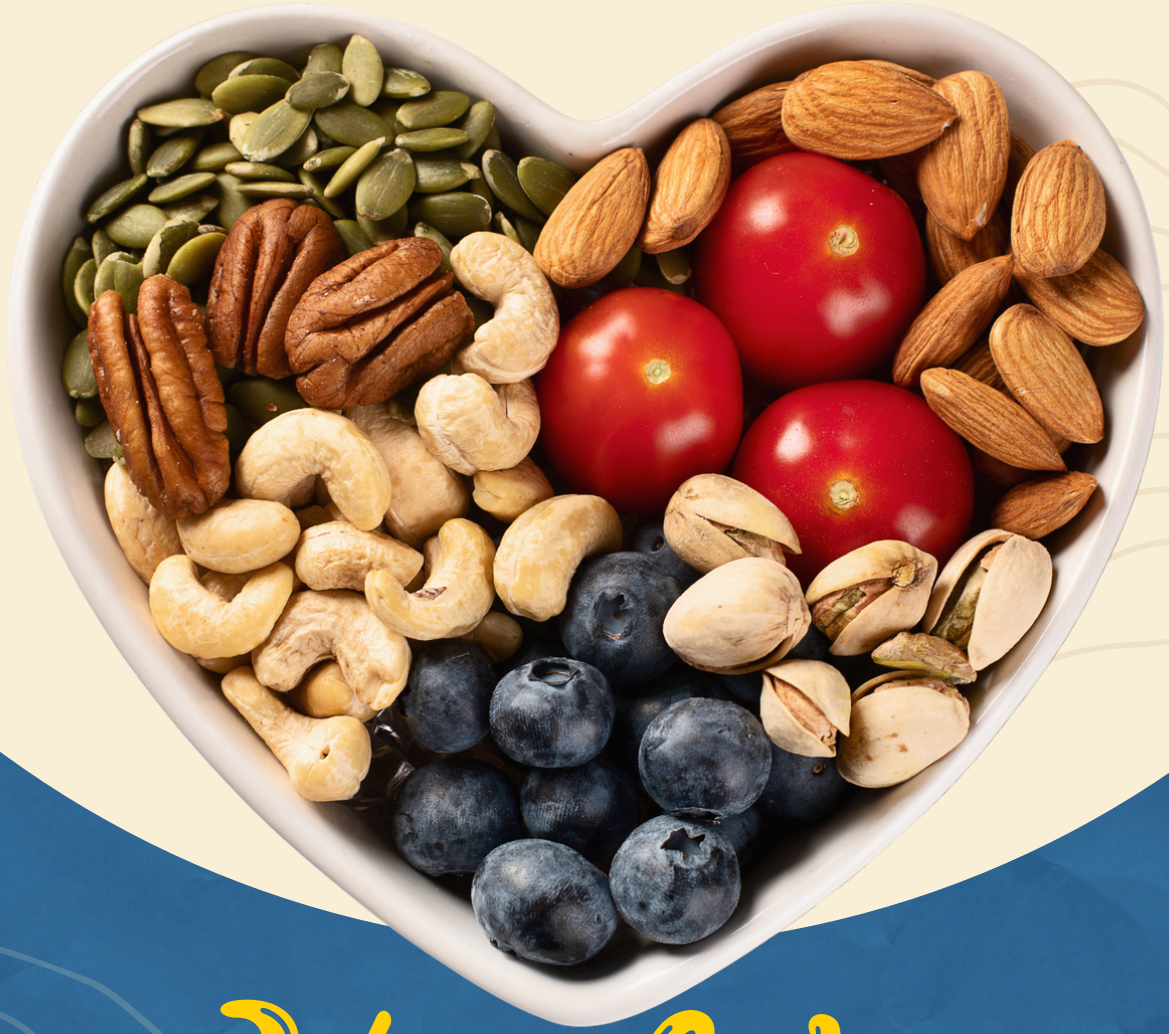
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Healthy Snack Guidelines

Healthy

- Fruit (Fresh or dried)
- Dry cereal
- Crackers
- Pretzels
- Yogurt
- Veggies and dip
- Cheese
- Hard boiled eggs
- Spring rolls/ Samosas/ Mini-pizzas
- popcorn
- Sandwiches
- Nuts and dates
- Fresh Baked goods including cookies/bread/croissants/pain au chocolat
- Juice (only 100%)
- Milk

Unhealthy

- Candy Bars
- Potato and Nacho Chips
- Candy and gum
- Soft drinks, sports drinks and energy drinks (especially ones with caffeine)
- Fruit drinks (not 100%)
- Store bought cookies, donuts, brownies, cupcakes or items that are deemed to be low nutrition and high sugar.

