

Class Party Treat Suggestions

Presented by EPO, March 2019

Grab-and-Go Healthy Snacks

Class party coming up, but short on time? Swing by the grocery store and grab these quick snacks!

Produce:

Bananas
Mandarins or clementines
Packaged melon, grapes, pomegranate seeds
Baby carrots
Veggie tray
Hummus or guacamole

Dairy:

String cheese sticks
Cheese curds or wheels
Yogurt tubes or cups - *Stonyfield Kids* or *Siggi's*
Gallon of milk & pack of cups

Boxed Drinks:

Milk boxes - *Horizon Organic*
Mini water bottles

Snacks:

Fruit leathers - *Stretch Island*
Dried or freeze-dried fruit
Banana chips
Pepitas

Crackers & Chips:

Popcorn
Triscuits
Tortilla chips & salsa
Multigrain toasted chips – *Ritz*
Pita chips - *Athenos*
Potato chips – *Kettle* or *Lay's Kettle Cooked*
Sweet potato chips
Apple chips or straws
Pea crisps
Veggie chips, sticks, or straws

Canned Fruit:

Unsweetened applesauce packs or cups

Cereal:

Rice or Wheat Chex
Kix
Rice Krispies
Crispix
Multi-Grain Spoonfuls - *Barbara's*
Whole O's - *Nature's Path*
Granola Crunch - *Nature Valley*

Grab-and-Go Healthier Sweet Treats

Special occasion? Skip the bakery section and grab one of these tasty, kid-appropriate treats!

Cookies:

Cookie Bites - *Annie's*
Bunny grahams (honey) - *Annie's*
Soft-baked or crunchy cookies - *Enjoy Life*
Dark chocolate and oat cookies - *Back to Nature*

Snacks:

Kettle corn - *Boom Chicka Pop*
Graham crackers - *Annie's*
Chewy chocolate chip granola bars - *Kind Kids*
Rice or tapioca pudding – *Kozy Shack*

Frozen:

Simply yogurt bars - *Outshine*
Fruit pops - *Simply Popsicle* or *Edy's Whole Fruit*
Chocolate-dipped frozen bananas
Chocolate-dipped frozen fruit - *Dole Dippers*

Dips/Spreads:

Cream cheese – *Organic Valley*
Sunflower butter

Gourmet:

Fruit bouquet – *order from Edible Arrangements*

Note: Specific products/brands are widely available examples of nut-free, few-ingredient, low-sugar items. Similar products might contain different, undesirable ingredients. EAGLE endorses healthy snacks but no particular products/brands.