

Trailside Preferred Snack List

The purpose of this list is to protect children with food allergies from being exposed to potentially harmful food ingredients while providing nutritious snacks for all children that promote health, food for optimal learning, and a start to creating healthy habits for a lifetime.

Fruits

Bananas

Grapes

Watermelon

Apples

Applesauce- Motts & Musselmann applesauce cups, tree top no sugar added natural apple sauce cups

Gogo squeeze organic applesauce to go- original, strawberry, berry, apple cinnamon

strawberries

cantaloupe

pineapple

blueberries

pears

Clementine's/oranges

oranges

any fresh fruit, not packaged

Vegetables

sliced cucumbers

sliced bell peppers

carrots

cherry tomatoes

celery sticks

sugar snap peas

jicama/hickama

Dairy

string cheese

Babybel cheese- original

Gogurts by yoplait

Stoney field yo-kids squeezers yogurt tubes

Tillamook- tilla-moos cheddar cheese snacks

Dry snacks

Rold gold pretzels- thins, sticks, rods, tiny twists

Newmans Own pretzels- salted sticks, salted pretzel rounds, unsalted pretzel rounds

Pepperidge Farms- gold fish pretzels, goldfish (baby cheddar, cheddar, colors, mix-up, parmesan, pizza)

Pirates booty- aged white cheddar

Annie's cheddar bunnies

Annie's bunny grahams- honey, friends, chocolate, cinnamon, snickerdoodle, gingersnap, cocoa & vanilla

Cheez-it by Sunshine- original, reduced fat cheddar, white cheddar, scrabble jr, baby swiss

Lundberg organic rice cakes- rice with popcorn, brown rice, mochi sweet, sweet green tea

Quaker Quakes Rice Snacks- caramel corn, ranch, sea salt & cracked black pepper, Kettle corn, chocolate, cheddar cheese, sour cream & onion

Nabisco honey maid graham crackers- honey, low fat honey, cinnamon

Nutri Grain Cereal Bars- blueberry, strawberry, apple cinnamon, blackberry, mixed berry

Cascadian farms- chocolate chip chewy granola bars, harvest berry chewy granola bars (other flavors not approved)

Kashi soft baked cereal bars- black berry, strawberry, and cherry vanilla (other flavors not approved)

Skinny pop popcorn

Microwave popcorn: Orville Reddenbachers, act II, jolly time, pop secret microwave popcorn

Wheat Thins- original, reduced fat, hint of salt, ranch, reduced fat garlic & herb, 100% whole grain

Triscuits- original, reduced fat, hint of salt, garden herb

Dry Fruit snacks

Raisins- Newmans own (other brands?)

Craisins by Ocean Spray

Annie's bunny fruit snacks- berry patch, tropical treat, sunny citrus, grapes galore, pink lemonade

Sunkist fruit snacks

Welches fruit snacks

Stretch island fruit strips

Stretch island fruit chews

Fruitabu- grape rolls, strawberry rolls

Cliff Kid Organic Twisted Fruit- strawberry mixed berry

Party ideas

- Fruit popsicles- Dole fruit bars variety 12 pack (strawberry, grape, raspberry), Minute maid juice bars (cherry , grape, orange), Bryer's Pure Fruit Bars (strawberry, orange, raspberry), Luigi's Real Italian Ice (6 pack varieties – cherry, lemon, lemon & strawberry, mango, watermelon & blue raspberry)
- Popcorn- Skinny Pop Popcorn, Orville Redenbachers, act II, jolly time, pop secret microwave popcorn
- Candy- Hershey's Chocolate Kisses (original and dark chocolate), Swedish fish, Starburst fruit chews, Sour Patch Kids, Twizzlers, Dum Dum Pops, Smarties, Skittles, Andes Mints, Woppers (original only), Surf sweet gummy worms, Yum Earth naturals (sour beans, gummy bears, organic lollipops)
- Chips- Terra (exotic vegetable chips, sweet potato chips), Tacy's pita chips (simply naked, cinnamon sugar, parmesean garlic & herb), Sun chips (original, harvest cheddar), Doritos (nacho cheese, cool ranch, spicy nacho), Pringles (original, reduced fat) , Lays (classic, barbeque, sour cream & onion, sea sslt & vinegar) Kettle brand chips (sea salt, seasalt & vinegar, sour cream & vinegar)
- Cookies- Barnums Animal crackers- original, Chips Ahoy (chocolate chip, chunky, chewy, mini), Newtons (original fig, fat free, whole grain, raspberry, strawberry) Oreos (original, double stuff, golden, golden double stuff)

This list was compiled by Registered Dietitian Holly Wilkens MS RD CSCS.

Manufacturers may at any time change the ingredients of their products therefore this list must act only as a guide, and it is still prudent to check labels often and update this list monthly. Many of the items on this list were provided through snacksafely.com/snacklist Please refer to this website for more information on their snack list or for other ideas on foods and snacks that will support our goal of keeping our kids safe and healthy.