



HEALTHY SNACK LIST

In order to provide your child and family with the best choices that meet the nutrition guidelines set by the Missouri Eat Smart Guidelines for grades PreK-12, Registered Dietitians from BJC HealthCare School Outreach & Youth Development have compiled a list of healthy snacks available at several grocery stores in your area. The foods included in the lists provided meet the following requirements:

FAT

No more than 35% of total calories from fat, except for cheese, nuts, seeds and nut butters

SUGAR

Not more than 35% of the calories from sugar, except for fruit (without added sugar)

CALORIES

No more than 200 calories per selling unit

BEVERAGES

Water, non-caloric; Only low-fat (1% or ½%) and/or skim (nonfat) flavored or unflavored milk; 100% juice; Calcium-fortified soy or rice beverages with no more than 24 grams of total sugar per 8 ounce serving are offered

In addition to these guidelines, these foods are peanut-free; however, you should continue to read the food label for more specific information about for any potential food allergens.

Foods that contain aspartame are marked by a single asterisk (*) and those that contain Splenda® with double asterisks (**).

Aspartame and Splenda® are sugar substitutes which make foods either low-calorie or no-calorie.



BJC HealthCare

SCHNUCKS

FRUITS & VEGGIES

- All fresh fruits and veggies
- All frozen vegetables without sauce or seasoning
- All frozen fruits without added sugar

Pre-packaged fresh fruits:

- Schnucks® & Delmonte® cut fruit
- Chiquita® Apples Bites & Apple Grape Bites (without dip)

Dried fruits:

- Sunmaid® dried apples, apricots, peaches, & raisins
- Sunsweet® dried prunes, apricots, & raisins
- Schnucks® & Newman's Own® raisins

Shelf-stable/canned fruits:

- Dole® pineapple cups in 100% juice and fruit cups in sugar-free gel **
- Del-Monte® diced peaches & pineapple cups in 100% juice; chunky mixed fruit & fruit cocktail in 100% juice; and fruit cups no-sugar-added varieties **
- Musselman's®, Full Circle®, & Schnucks® unsweetened applesauce

DIPS & SPREADS

- T Marzetti® Fat Free Ranch, Fat Free Dill, & Fat Free Southwest Ranch Vegetable Dips
- All salsas except those that are mixed with cheese
- Frito's® Bean Dip (original variety only)
- Smucker's® sugar-free jams & preserves **

SPECIAL TREATS

- Honey Maid® Honey Graham Crackers
- All Nabisco® Teddy Graham Snacks
- All Stauffers® Animal Cookies
- Fiber One® Chewy Bars
- Nabisco® 100 Calorie Packs: Nutter Butter® Dipped Delight Bars, Oreo® Dipped Delight Bars, Sandies® Shortbread cookies, Thin Crisps
- Stauffers® Gingersnaps
- Stauffers® Animal Crackers
- Nabisco® Nilla Wafers
- Jello® Sugar free**
- Schnucks® Mixed Berry Mini Fruit Crisps

THINGS THAT CRUNCH

- All Quaker® and Schnucks® rice cakes
- All Pepperidge Farms® Goldfish *except* Flavored Blasted Xplosive Pizza
- Nabisco® Reduced Fat Wheat Thins
- Nabisco® Wheat Thin Flat Bread- Garlic & Parsley and Tuscan Herb flavored
- Nabisco® Triscits
- Organic Full Circle® Thin Wheat Crackers
- All Ry-Krisp® Crackers
- All Dare® Crackers
- Schnucks® Snack Crackers Woven Wheat
- All Snyder's® Pretzels *except* Hot Buffalo Wing and Cheddar Cheese

BEVERAGES

- 100% juice all varieties of Juicy Juice® and Ocean Spray®
- Old Orchard® Berry Blend, Wild Cherry, Apple Cranberry, & Grape only
- Schnucks® 100% juice grape, pomegranate blueberry, pomegranate cranberry, prune, and apple only
- R.W. Knudson® 100% juice all varieties *except* Lemon Ginger Echinacea
- Simply Orange® all varieties
- Dole® juices all varieties
- Schnucks® orange juice, pineapple orange juice, & pineapple orange banana juice
- Minute Maid® all varieties
- Florida's Natural® all varieties
- Old Orchard® frozen juice from concentrate all varieties
- Capri Sun® 100% juice varieties only
- Minute Maid® 100% juice boxes

DAIRY

- Fat free skim milk (all brands)
- Silk® light soymilk
- Full Circle® organic soymilk
- KozyShack® Original Rice Pudding
- All Dannon® Light Yogurts
- Kraft® Singles – Fat Free and 2%
- All Fiber One® Nonfat yogurt
- Schnucks® Tube Yolar

SHOP-N-SAVE

FRUITS & VEGGIES

- All fresh fruits and veggies

Prepackaged fresh veggies:

- Eat Smart® Vegetable Medley, Vegetable Stir Fry, Broccoli & Carrots, or Broccoli & Cauliflower
- Fresh Fiesta® Pico de Gallo
- Bolthouse Farms® 100% Carrot Juice
- Green Line® Fresh Cut Green Beans

Prepackaged fresh fruits:

- Crunch Pak® Apple Slices
- Del Monte Gold® Pineapple Chunks and Spears, and Del Monte® fruit cups in natural juice
- Shop 'N Save® Fresh Pineapple Slices, sliced watermelon, cantaloupe slices

Dried fruits:

- Ocean Spray® Craisins®, all varieties *except* Trail Mix
- All Sun-Maid® Dried Fruits, *except* Vanilla Yogurt Raisins
- Sunsweet® Prunes & Dates
- Shop 'N Save® Raisins & Prunes
- Wild Harvest® Organic Raisins

DIPS & SPREADS

- Marzetti® Hummus Veggie Dip (Original, Roasted Red Pepper, and Roasted Garlic), Light Ranch/Dill/Southwest Veggie Dips, and Fat Free Veggie Dip
- Tostitos® and Carlita® Salsa

SPECIAL TREATS

- Nabisco® 100 Calorie Packs: Oreo® Thin Crisps, Lorna Doone® Shortbread Cookie Crisps, Honey Maid® Cinnamon Roll Thin Crisps, Chips Ahoy® Thin Crisps
- All Nabisco® Teddy Graham Snacks
- Right Bites® 100 Calorie Packs, only the following varieties: Keebler® Sandies Shortbread Cookies
- Stauffer's® & Shop 'N Save® Animal Crackers
- Honey Maid® & Keebler® Honey Graham Crackers
- Nabisco®, Stauffer's®, and Keebler® Vanilla Wafers

- Keebler® Scooby-Doo Baked Honey Graham Cracker Sticks
- Quaker® & Quakes® Rice Snacks, all varieties
- Super Crunch™ Rice Cakes, all varieties
- Kellogg's® Pop-Tarts Mini Crisps, Baked Bites, Frosted Strawberry
- Kellogg's® Special K Fruit Crisps, Strawberry & Blueberry
- Fiber One® Chewy Bars
- Kashi® TLC Granola Bars, all varieties
- Quaker® 90 Calories Chewy Granola Bars, all varieties
- Nature Valley® Granola Bars & Granola Thins Crispy Squares, Dark Chocolate
- Shop 'N Save Fiber Max™ Chewy Bars
- Edy's® Fruit Bars, all varieties
- North Star® Health Wise Fudge Bars*
- Skinny Cow™ Low Fat Ice Cream Bars, all varieties
- Dole® Fruit Bars
- Prairie Farms® Natural Fruit Sherbet
- Jello® Sugar Free 100 Calorie Gelatin Snacks* & Fat Free 100 Calorie Pudding Snacks
- Rice Krispies Treats®

THINGS THAT CRUNCH

- Cheez-It Grips® & Cheez-Its®
- 100 Calorie Right Bites Cheez-It Snack Mix® or Cheez-Its®
- Pepperidge Farms® Goldfish Crackers
- Keebler Wheatables® & Kellogg's Special K® Crackers
- Nabisco Wheat Thins® and Wheat Thin Toasted Chips®, all varieties
- Shop 'N Save® Multigrain Crackers
- Kashi® TLC Original 7 Grain Crackers
- All Bran® Multigrain Crackers
- Shop 'N Save® Woven Wheat Crackers
- Nabisco Triscuits®
- Nabisco Ritz® Whole Wheat Crackers
- Rold Gold®, Shop N Save®, Shopper's Value®, or Snyder's® Pretzels *except* Cheddar Cheese, Hot Buffalo Wings, Buttermilk Ranch, and Cheddar Cheese Pretzel Sandwiches
- Baked Tostitos® Tortilla Chips
- Baked Lays® Chips
- Okee Dokie® White Popcorn

(continued)

SHOP-N-SAVE *(continued)*

BEVERAGES

- Any 100% fruit juice

DAIRY

- Silk®, Soy Slender®, or West Soy® Light Soymilk
- Rice Dream® Rice Milk
- Blue Diamond® Almond Breeze or Silk® Pure Almond Milk
- Fat free skim milk
- Dannon® Light and Fit Yogurt*
- Yoplait® Greek Yogurt
- Stonyfield Farms® 0% Fat Yogurt
- Yoplait® Light Yogurt*
- Shop 'N Save® Light Yogurt*
- Prairie Farms® Fat-free Light Yogurt
- Blue Bunny® Light Yogurt*
- Yoplait® Delights*
- Prairie Farms® Low-fat Cottage Cheese
- Shop 'N Save® Fat-free Cottage Cheese
- Shop 'N Save® Fat-free Cream Cheese
- Philadelphia® Fat-free Cream Cheese
- Kraft® Fat-free American Singles
- Shop 'N Save® Fat-free American Singles



WALMART

FRUITS & VEGGIES

- All fresh fruits and veggies
- All frozen vegetables without sauce or seasoning
- All frozen fruits without added sugar

Pre-packaged fresh fruits:

- Delmonte® cut fruits

Dried fruits:

- Sunmaid® Raisins
- Sunsweet® dried prunes, antioxidant blend
- Great Value® Prunes, Raisins, bananas, apricots, cranberries, cherries
- Ocean Spray® Raisins and golden raisins

Shelf-stable/canned fruits:

- Dole® pineapple cups in 100% juice
- Delmonte® fruit cups, no sugar added varieties
- Delmonte® & Great Value® diced peaches and pineapple cups in 100% juice
- Delmonte® chunky mixed fruit & fruit cocktail in 100% juice
- Motts® no sugar added applesauce
- Great Value® unsweetened applesauce

DIPS & SPREADS

- Marketside® Low-fat Buttermilk Ranch dip
- All salsas *except* those that are mixed with cheese
- Frito's® Bean Dip (original)
- Smucker's® & Great Value® sugar free jams & preserves

SPECIAL TREATS

- Sensible Portions® Veggie Straws
- Honey Maid® & Great Value® Honey Graham Crackers
- All Nabisco® Teddy Graham Snacks
- Annie's® Bunny Grahams
- All Stauffers® Animal Cookies & Crackers
- Fiber One® Chewy Bars
- Nabisco® 100 Calorie Packs
- Nabisco® Nilla Wafers
- Jello® sugar free varieties

THINGS THAT CRUNCH

- All Quaker® Rice Cakes
- All Pepperidge Farms® Goldfish (except Xplosive Pizza)
- Nabisco® Reduced Fat Wheat Thins & Triscuits
- Nabisco® Wheat Thin Flat Bread – Garlic & Parsley and Tuscan Herb flavored
- Keebler® Wheatables
- All Synders® Pretzels *except* Hot Buffalo Wing and Cheddar Cheese

BEVERAGES

- Juicy Juice® all varieties
- Tree Top®, Northland®, and Great Value® all varieties
- Ocean Spray® 100% Juice varieties
- Simply Orange® all varieties
- Dole® juices all varieties
- Great Value® all varieties
- Minute Maid® all varieties
- Florida's Natural® all varieties
- Odwalla®, Naked®, and Botlhaus all varieties
- Old Orchard® juice concentrate all varieties
- Minute Maid® 100% juice boxes

DAIRY

- Fat Free Skim Milk (all brands)
- Silk®, Great Value®, and 8th Continent® light soymilk
- Sargento®, Kraft®, and Borden® Part-skim string cheese
- KozyShack® Original Rice Pudding
- Skim and Cultured Low-fat buttermilk
- All Dannon® Light Yogurts
- Kraft® Singles – Fat-free and 2%
- All Yoplait® Light Yogurts
- All Great Value® Light Yogurts
- Land o Lakes® and Great Value® Fat-Free Cottage Cheese
- Sargento® and Borden® part-skim mozzarella string cheese

ALDI

FRUITS N VEGGIES

- All fresh fruit and veggies
- All frozen vegetables without sauce or seasoning
- All frozen fruits without added sugar
- All dried fruit

Shelf-stable/canned fruits:

- Sweet Harvest® pineapple chunks in natural juice

DIPS & SPREADS

- Fit N Active® strawberry jam

SPECIAL TREATS

- Cambridge® Honey Grahams
- Fit N Active® Light Butter Popcorn
- Fit N Active® 100 Calorie Wafer Snacks – chocolate and chocolate chip
- Fit N Active® 100 Calorie Frosted Cakes with creamy filling*
- Sundae Shoppe® Sugar-free Popsicles
- Nabisco® 100 Calorie Yogurt Pretzels & Ritz® Snack Mix
- L'oven & Fresh® English Muffins
- Fiber Now® Chewy Bars – oats and chocolate
- Fit N Active® Cereal Bars – strawberry, blueberry, & chocolate drizzle
- Millville® Chewy Granola Bar – chocolate chip & dipped chocolate

THINGS THAT CRUNCH

- Fit N Active® Mini Crisps – s'more & cina-swirl
- Fit N Active® Rice Cakes – chocolate, ranch, & lightly salted
- Fit N Active® Cheddar Cheese crackers
- Savoritz 4 Kids® Sharks Baked Cheese Crackers
- Savoritz 4 Kids® Saltine Crackers
- Mercer® Animal Crackers
- Clancy's® Pretzels

BEVERAGES

- Natures Nectar® 100% Juice
- Mixade® Light
- Fit N Active® Cranberry & Lemonade drinks
- Natures Nectar® Diet Splash
- Natures Nectar® 100% Frozen Concentrate & Blend

DAIRY

- Fit N Active® 2% Shredded Cheese
- Fit N Active® Mozzarella String Cheese
- Happy Farms® Mozzarella String Cheese
- Fit N Active® Cheese Tray
- Skim Milk
- Friendly Farms® Low-fat Cottage Cheese

