**Healthy Celebration Sample Snack List**

* Ants on a log (made with celery, peanut butter or spreadable cheese, and raisins)
* Beverages (water, 100% juice, soy / almond / rice milks, fat-free or low-fat milk)
* Dried fruits (raisins, cranberries, banana chips, apricots, dates)
* Fresh fruit - trays, salads, or kabobs
* Fresh vegetables – trays, salads, or kabobs sticks & hummus or low-fat dips
* Fruit cups in natural juices and/or water, applesauce
* Graham crackers & apple butter
* Hummus or low-fat dips
* Low-fat cheeses / squares / sticks / spreadable triangles
* Low-fat popcorn (no salt or butter added)
* Low-fat yogurt & granola
* Nut or seed butter and jelly sandwiches on whole grain bread
* Nuts or seeds
* Whole grain crackers, fish crackers, pretzels
* Whole grain pancakes, waffles, mini bagels, sandwich thins topped with nut or seed butter
* Whole grain tortilla chips & salsa / guacamole
* Wraps (made with whole grain tortillas, lean protein, low-fat cheese or vegetable toppings)

