



Healthy Snacks Shopping List

This list has been compiled to compliment the RCPS Nutritional Integrity Guidelines.
The items listed here may be purchased from your local Kroger stores.

Produce:

- Kroger Cut Up Fruit
- Disney Fruit Dippers, Veggie Dippers
- Chiquita Apples, Grapes, Carrots, Sugar Snap Peas in snack size bags
- Veggie, Fruit, Nut Trays
- Ann's House of Nuts Mixes:
Raw Trail Mix, Dried Fruit, California Mix, Fruit and Nut Mix
- Kroger Carrot Sticks

Natural Foods:

- Horizon String Cheese
- Yogurt – Stonyfield Farm, Horizon, YoCrunch Naturals
- Horizon Milk Boxes
- Stonyfield Farm Smoothies
- Horizon Yogurt Tubes
- Immaculate Baking Co. Organic
Cookie Multipack
- Country Choice Organic Cookies
- Annie's Bunny Grahams
- Kashi TLC Cookies
- Fig Newman's
- Back to Nature Honey Graham Sticks
- Fruitabu
- Naturally Preferred Applesauce
- Soynut Butter
- Natural Peanut Butter
- Guiltless Gourmet Hummus
- Genisoy Soy Crisps
- Terra Chips
- Guiltless Gourmet Chips
- Sun Maid Raisin Mini Packs
- Quaker, Kroger, Mother's Rice Cakes
- Clif Z Bars
- Larabars
- Kashi TLC Bars
- Kashi Cereals



Grocery:

- Wasa Crackers, Triscuits
- Salsa
- Manny's Whole Wheat Tortillas
- 100% Juice Boxes (Juicy Juice, Minute Maid)
- Disney Strawberry and Chocolate Milk Boxes
- Fruit in cups without syrup (in fruit juice) – Kroger, DelMonte, Kroger, Disney, Dole
- Mott's or Kroger No Added Sugar Applesauce
- SunMaid or Mariani dried fruit (not yogurt dipped)
- Shredded Wheat Cereal
- Smart Mix snack size chips and pretzels – Baked Cheetos, Baked Ruffles, Pretzels, Baked Doritos
- Corn Nuts
- Pumpkin Seeds, Sunflower Kernels

Dairy:

- Low fat Cottage Cheese
- 2% Kraft String Cheese
- Low fat Yogurt

Frozen:

- Edy's Fruit Bars
- Edy's ½ the fat ice cream