

Dear Parents,  
Athletes, Students, and Healthy People,

Here is a list of some healthy snack options if you find yourself running to the fridge on a commercial, before or after a practice or competition, for an afternoon snack, or as part of your usual dietary needs. Please note, however, nuts, peanuts, and peanut butter are on this list. If you or someone close to you has a peanut or nut allergy, keep your snacks to yourself. Enjoy, play hard, play strong, and don't forget the water.

## Healthier Snack Options

**\*\*Snack Alternatives available for purchase at the General Store, right from your own cupboard, or maybe put on the grocery list**

**\*\*Nuts**

Yogurt with fruit and honey

Medium apple with peanut butter

Turkey sandwich (whole wheat bread)

**\*\*Pretzels**

**\*\*Peanut Butter Crackers**

**\*\*V8 Juice**

\*popcorn

\*5 olives

\*hummus and carrots

\*edamame

Hardboiled egg and crackers

Lower sugar cereal and milk

String cheese with handful of nuts

Crackers with orange

**\*\*Cheese Crackers**

**\*\*Water**

\*pickles

\*roasted pumpkin seeds

\*pretzels

\*cheese and crackers

\*veggie chips

- \*multigrain tortilla chips
- \*pistachios
- \*sun chips
- \* Salty snack options
- \*hummus and carrots
- \*edamame
- \*multigrain tortilla chips
- \*pistachios
- \*sun chips

- \*mozzarella cheese sticks
- \*turkey jerky
- Fruit & Raw or steamed veggies
- \*cheese and crackers
- \*veggie chips
- \*mozzarella cheese stick
- \*turkey jerky
- Fruit & Raw or steamed veggies

Remember - Water is the preferred drink for practice & games!