

Wellness Challenge 2022

Healthy Snack Suggestions

1. Mixed Nuts
2. Plain Greek Yogurt with Berries
3. Apple Slices with Peanut Butter
4. Celery sticks with cream cheese or peanut butter
5. Dark Chocolate
6. Fresh fruit (no canned)
7. Whole grain crackers with cheese
8. Edamame
9. Oatmeal (no honey or sugar added)
10. Air-popped popcorn
11. Hummus and veggies
12. Hard Boiled Eggs
13. Cottage Cheese
14. Avocado
15. Triscuit Original Crackers
16. Trail Mix
17. Chickpeas
18. Seeds
19. Granola bars that are relatively low in added sugar and made with real ingredients, such as Kind, Annie's, Perfect Kids, and Larabars.
20. Bowl of Low sugar/Whole grain Cereal