

PTSA Approved Snack List

9/21/09

Here's a list of ready to eat snacks found at Publix, Walmart, Sam's Club and Costco that meet the Florida High Wellness Policy nutrition guidelines:

Publix

1. Fresh fruits and vegetables such as bananas, grapes, strawberries, baby carrots, cucumbers, fruit and vegetable trays
2. Planter's Trail Mix Nut & Chocolate/Berry Almond/Energy/Apple Cinnamon, 6 pack
3. Publix (store brand) Mini-Snack raisins, 0.5oz and 1.5oz boxes, 6 pack
4. Publix Mixed Fruit Cups in light syrup, 4oz, 4 pack
5. Publix Mandarin Orange segments in light syrup, 4.3oz, 4 pack
6. Publix Pineapple Tidbits in lime gel, or diced peaches in strawberry gel, 4oz, 4 pack
7. Publix Unsweetened, Old Fashioned or Cinnamon applesauce, 4oz, 4 pack
8. Kellogg's Special K Crackers, 0.77oz, 6 pack
9. Teddy Grahams Chocolate/Honey/Cinnamon 1oz, 12 pack
10. Publix Choc. Chip/Peanut Butter Choc. Chip Chewy Granola Bars 0.84oz, 10 pack
11. Publix Strawberry/Blueberry Cereal Bars 4.86oz, 6 pack
12. Publix Oats & Honey Granola Bars 0.89oz, 12 pack
13. Publix Fat Free Light Yogurt various flavors, 6oz
14. Publix Fruit on the Bottom Yogurt various flavors, 6oz
15. Publix No Sugar Added Yogurt various flavors, 6oz
16. Gogurt portable lowfat yogurt tubes, various flavors, 2.25oz, 8 pack
17. Hunt's Snack Pack Gel Snacks, regular or sugar free, 3.5oz 4 pack
18. Hunt's Vanilla/Chocolate/Tapioca pudding (fat free only), 3.5oz 4 pack or 12 pack
19. Various fruit juices, 100% juice

Walmart

1. Fresh fruits and vegetables such as bananas, grapes, strawberries, baby carrots, cucumbers, fruit and vegetable trays
2. Keebler Scooby-Doo graham cracker sticks, 1oz, 12 pack
3. Quaker Chewy Granola Bars various flavors 0.84oz, 18 pack
4. Kellogg's Rice Krispies Treats, 0.78oz 16 pack
5. Nutrigrain Cereal Bars, 1.3oz, 8 pack
6. Lay's Smart Mix Baked Chips/pretzels (green bag), 3/4-1oz, 20 pack
7. Great Value mandarin oranges/tropical fruit mix/pineapple tidbits/peaches/pears in cherry gel, 4oz, 4 pack
8. Great Value original/cinnamon apple sauce 4oz, 6 pack
9. Great Value raisins 1.5oz, 6 pack
10. Various fruit juices, 100% juice

Costco

1. Fresh fruits and vegetables such as bananas, grapes, baby carrots, cucumbers, apples, pineapple, apple slices, pears, oranges, peaches, dates, fruit and vegetable trays
2. Kashi Crunchy Protein and Fiber Bars, 24 pack
3. Kirkland Trail Mix snack packs, 18 pack
4. Lay's Smart Mix Baked Pretzels, Ruffles, Doritos, Potato Chips, 30 pack
5. Kellogg's Rice Krispies Treats Original, 54 pack
6. Nabisco 100 calorie packs Oreo/Lorna Doone/Chips Ahoy, 26 pack
7. Quaker Chewy Variety Pack 100 calorie bars Choc Chip/Peanut Butter Choc Chip/Oatmeal Raisin, 60 pack
8. Kashi TLC Granola Bars Honey Almond Flax/Trail Mix/Peanut Butter, 25 pack
9. Kellogg's NutriGrain Cereal Bars (Apple Cinnamon/Strawberry/Blueberry), 48 pack
10. General Mills FiberOne Oats & Chocolate Bars, 30 pack
11. Nature Valley Granola Bars (Variety Pack, Oats & Honey, Sweet & Salty Nut, Trail Mix, Fruit & Nut)
12. Del Monte Fruit Naturals, 8oz, 8 pack (refrigerated)
13. Activa Lowfat Yogurt, 4oz, 24 pack (refrigerated)
14. Stonyfield Farm Organic Lowfat Yogurt, 6oz, 12 pack (refrigerated)
15. Chobani Greek Yogurt 6oz, 12 pack (refrigerated)
16. Dannon Danimals Yogurt Smoothie 3oz, 24 pack (refrigerated)
17. Jello Sugar Free low calorie gelatin snacks, 18 pack (refrigerated)
18. Edy's Fruit Bars 2.75oz, 24 pack (frozen)
19. Skinny Cow low fat ice cream sandwich 4oz, 20 pack (frozen)
20. Healthy Choice Premium Fudge Bars 3oz, 18 pack (frozen)
- 21.
22. V-8 vegetable juice 12 oz. cans, or 5.5oz cans, 48 pack
23. Kirkland 100% juice variety pack juice blast juiceboxes 6.75oz, 36 pack
24. Motts 100% apple juice 6.75oz, 36 pack
25. Apple & Eve 100% juice variety pack—6.75 oz. Juicebox
26. Apple & Eve Organic 100% juice 200ml juiceboxes, 27 pack
27. Capri Sun All Natural 100% juice variety pack, 6oz, 40 pack
28. Tropicana 100% orange juice, grapefruit and apple juice—10 oz. or 15.2 oz.

Sam's Club

1. Fresh fruits and vegetables such as bananas, grapes, strawberries, baby carrots, cucumbers, fruit and vegetable trays
2. Kellogg's NutriGrain Cereal Bars (Apple Cinnamon/Strawberry/Blueberry), 48 bar pack
3. Kellogg's Rice Krispies Treats Original, 24 pack
4. Lays Baked Potato Chips (Original potato chips, BBQ chips, Doritos, Ruffles Cheese & Sour Cream, Pretzels), 30 bag pack (all but pretzels meet the guidelines)
5. Kashi TLC (Tasty Little Chewies) granola bars, 18 bar pack
6. Nature Valley Granola Bars (Variety Pack, Oats & Honey, Sweet & Salty Nut, Trail Mix, Fruit & Nut)
7. Del Monte Mixed Fruit cups, 16 pack
8. Snyder's of Hanover Mini-Pretzels, 36 pack box

9. Planters Peanuts, Cashews, Honey Roasted Peanuts, 24 pack
10. David Original Sunflower Seeds, 24 pack
11. General Mills Fiber One Chewy Bars 1.4oz, 24 pack
12. Quaker Crispy Oat Bars, 0.91oz, 32 pack
13. Dole Mandarin Oranges in light syrup, 4oz, 16 pack
14. Gogurt portable lowfat yogurt various flavors 2.25oz, 32 pack (refrigerated)
15. Del Monte Fruit Naturals, 8oz, 8 pack (refrigerated)
16. Dannon Light & Fit Yogurt, 6oz, 18 pack (refrigerated)
17. Activa Lowfat Yogurt, 4oz, 24 pack (refrigerated)
18. V-8 vegetable juice 12 oz. cans
19. Apple & Eve 100% juice variety pack—6.75 oz. Juicebox
20. Tropicana 100% orange juice, grapefruit and apple juice—10 oz. or 15.2 oz.

For further info, contact Robin Spillias, PTSA Health and Safety Committee Chair, at 210-3818 or spilliasfam@embarqmail.com, or Danni Vogt, past PTSA Health and Safety Committee, at 877-5641 or dannivogt@embarqmail.com

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