



## Girls on the Run Suggested Snacks

Thank you for volunteering to provide snacks for Girls on the Run. Below is a list of suggested snacks. Feel free to bring a snack that isn't on the list, but please remember that healthy, individually-wrapped, single portions are best! We need snacks for 15 girls.

Granola bars

Nutri Grain bars/fruit bars

Popcorn

Pretzels

Whole grain crackers with low-fat cheese or peanut butter

Mini or regular rice cakes (fun flavors like caramel corn, cheddar, apple cinnamon)

Trail mix

Bagels (cut into halves) with peanut butter or low-fat cream cheese

Mini-muffins

Oranges (cut into quarters)

Bananas (cut into halves)

Apples (cut into quarters)

Grapes, cherries, strawberries, or other fresh fruit

Applesauce cups\*

Canned fruit cups (fruit cocktail, peaches, mandarin oranges) \*

Dried fruit (raisins, pineapple, apricots, cranberries)

Baby carrots, broccoli, cauliflower, celery sticks with low-fat dip or salad dressing

Jello pudding snack packs\* (100 calorie packs)

Go-GURT (portable yogurt for kids) or low-fat yogurt cups\*

Low-fat string cheese

\*Please bring 15 plastic spoons