



Brother's All Natural	Fruit Crisps- All Flavors	1 bag	X	X	X			X	X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All Flavors	1pouch (90g)	X	X	X			X	X
Crispy Greens	Crispy Fruit – All Flavors	1 pouch (.36oz)	X	X	X			X	X
Crunchies	Freeze Dried Fruit – All Flavors	1/4 cup`	X	X					
Disney All Brothers	Fruit Crisps Freeze Dried Fruit Slices – All Flavors	1 bag (7g)	X	X				X	X
Slammer Snacks	Organic Slammers All Flavors	1 pouch (90g)	X	X	X			X	X
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)	X	X	X	X	X	X	X
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)	X	X	X	X			X
Plum Kids	Organic Mashups- All Flavors	1 pouch (90g)	X	X	X				X
Safeway Signature Select	Squeeze n' Go	1 pouch (90g)			X				
Sensible Foods	Crunch Dried Fruit Variety Pack	1 bag	X			X			X
Tree Top	All Flavor Pouches	1 pouch (26g)	X	X	X	X		X	X

### Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Cost- co	Amazon
Act II	94% Fat Free Butter Microwave Popcorn	1 cup	X		X			X
Angie's	Boom Chicka Pop – Sea Salt Flavor	1 cups	X	X	X			X
Corn Nuts	Original, Ranch, BBQ	1/3 cup	X	X	X			X
Jolly Time	Healthy Pop Butter 94% Fat Free, Butter and Kettle Flavored - 100 Calorie Pack	1 package	X	X	X			X
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	1 cups popped	X	X				X

Lays	Baked Ruffles Original	12 crisps (1 oz)	X	X	X	X	X	X
Lays	Baked Potato Chips – BBQ, Original	1 oz	X	X	X			X
Pop Chips	All Flavors	1oz/20 chips	X	X	X	X		X
Quaker	Popped Rice Snacks – only Apple Cinnamon and Chocolate	1 oz	X	X	X			X
Quaker	Rice Cakes-All Flavors	1 Cake	X	X	X			X
Orville Redenbacher	100 Calorie Smart Pop Mini Bags – Kettle Flavored	1 bag	X		X			
Orville Redenbacher	Smart Pop 94% Fat Free Microwave Popcorn	2 cups	X	X	X			x
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g )	X	X	X			

### Nuts/Seeds

Manufacturer	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Costco	Amazon
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)	X	X	X	X	X	X
KIND	Raw Pumpkin Seeds	1/3 cup	X	X				
Emerald	100 calorie Packs- Whole Almonds	1 bag (18g)	X	X	X	X		X
Fry's	Private Selection Shelled Pistachios	1/4 cup		X				
Hoody's	Dry Roasted Peanuts	40 pieces	X					X
Kirkland	Dry Roasted Almonds	1/4 cup					X	
Kirkland	Unsalted Mixed Nuts	1/4 cup					X	
Kirkland	Unsalted Cashews	1/4 cup					X	
Kirkland	Pistachios	1/2 cup with shells					X	
Kroger	Almonds Natural – Raw Unsalted	1/4 cup		X				

Mauna Loa	Dry Roasted Macadamias	1/4 cup	X	X	X			X
Planters	Cashew Halves & Pieces	50 Pieces	X	X	X			X
<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>	<b>Walmart</b>	<b>Fry's</b>	<b>Safeway</b>	<b>Sam's</b>	<b>Costco</b>	<b>Amazon</b>
Planters	Dry Roasted Pistachios	1/2c Shelled	X					X
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X	X	X	X	X
Wonderful	Almonds	1/4 cup	X		X			
Wonderful	Pistachios	1 bag (1.5cups oz)	X	X	X	X	X	X
Wonderful	Pistachios- Roasted, Salted, Shelled	1/4 cup	X	X	X	X	X	X
Wonderful	Pistachios – Whole With Shell	1/2 cup	X		X	X	X	X

### Cookies and Crackers

<b>Manufacturer</b>	<b>Name/Description</b>	<b>Serving Size</b>	<b>Walmart</b>	<b>Fry's</b>	<b>Safeway</b>	<b>Sam's</b>	<b>Costco</b>	<b>Amazon</b>
Annie's	Homegrown Bunny Grahams – Honey, Chocolate Chip, Chocolate	About 31 cookies (30g)	X	X	X			X
Kashi	Snack Crackers – No Cheddar	15 crackers	X	X	X			
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Cheddar, Salt and Vinegar	27-30 Chips (30 g)	X					X
Kellogg's	Scooby-doo Graham Snacks	1 package (28g)	X	X				X
Kroger	Wheat Crisps – Baked – Multigrain	16 crackers		X				
Nabisco	Teddy Grahams – Honey, Cinnamon, Chocolate, Chocolate Chip, Birthday Cake	24 pieces	X	X	X			X

Nabisco	Triscuit – All Flavors	Approx. 6 crackers	X	X	X			X
Nabisco	Triscuit Thin Crisps – All Flavors	Approx. 15 crackers	X	X	X			X
Nabisco	Wheat Thins-Original, Reduced Fat, Multigrain	About 16 pieces (1 oz)	X	X	X	X	X	X
Signature Select	Graham Crackers – Cinnamon, Low Fat Honey	2 wholes crackers			X			

### Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Costco	Amazon
Kellogg's	Pop tart, WG Low Fat – Strawberry, Cinnamon, and Brown Sugar	1 pastry (50g)	X					X
Thomas	Bagel Thins – 100% Whole Wheat	1 bagel (46g)	X					

### Drinks

Manufacturer	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Costco	Amazon
All Brands	All Brands 100% Juice (product must state 100% juice) Brands; Apple & Eve, Capri Sun, Store Brand, Dole, Juicy Juice, Langer's, Martinelli's, Minute Maid, Motts, Ocean Spray, Seneca, Treetop, Tropicana, Welch's, Hansen's	8 oz or less	X	X	X	X	X	X
Apple & Eve	Fruitables	8 fl oz. or less	X	X	X	X	X	X
Campbell's	V-8 –Low Sodium	8 fl oz. or less	X	X	X			X
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz)	X					
Horizon	Organic Milk – Lowfat 1% White	8 fl oz	X	x	X			X

Izze	Izze Sparkling Juice- All Flavors <b>**Junior High ONLY</b>	8.4 oz	X	X	X		X	X
Naked Juice	Variety Pack Naked Juice (Except Blue Machine) <b>**Junior High ONLY**</b>	10 fl oz	X	X	X	X	X	X
O Organics	LowFat Milk – Plain 1% White	8 fl oz			X			
Silk	Pure Almond Milk – All Flavors	8 fl oz or less	X	X	X	X		X
Switch	Sparkling Juice – All Flavors	8 fl oz	X					
All Brands	Milk – Lowfat 1% White, Fat Free Flavored	8 fl oz or less	X	X	X	X	X	X

### Water

Any	Pure water, no added artificial sweetener and/or caffeine	Any size	X	X	X	X	X
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### Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Costco	Amazon
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)	X	X	X	X	X	X
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)	X	X	X	X		X
Chobani	Chobani Kids-All Flavors	1 Tube		X	X	X		X
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz	X	X	X	X		X
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)	X	X	X			X
Dannon	Light & Fit	6 oz (170g)	X	X	X	X		X
Frigo	Light String Cheese	1 stick (28g)	X	X	X	X	X	X
Great Value	Lowfat Yogurt –All Flavors	6 oz	X					
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz	X					
Kraft	Mozzarella Cheese String – 2% Milk	1 stick		X	X			X
Kroger	String Cheese – reduced fat Moz,	1 stick		X				
Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safeway	Sam's	Cost- co	

Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)		X				
Kroger	Lowfat Yogurt Tube – All Flavors	1 tube		X				
Lucerne	Reduced Fat Yogurt	8 oz or less			X			
Lucerne	Part-Skim Mozzarella String Cheese	1 stick			X			
Lucerne	Light String Cheese	1 stick			X			
Lucerne	Reduced Fat 2% Sharp Cheddar Cheese Stick	1 stick			X			
Sargento	String Cheese- Part Skim	1 stick	X	X	X	X		X
Sargento	Light String Cheese	1 stick	X	X	X	X		X
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	X	X	X		X
Snack Pack	Fat Free Chocolate Pudding	1 cup (92 g)	X					
Stoneyfield	YoKids Squeezers Organic Low-fat Yogurt- All Flavors	1 tube (56g)				X		X
Stoneyfield	Kids – Low-fat Yogurt – All Flavors	1 container (4 oz)	X	X	X	X		X
The Laughing Cow	Mini Babybel Light	1 piece	X	X	X		X	X
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge	X	X	X	X		
Yoplait	Original Yogurt – All Flavors	6oz	X	X	X	X	X	X
Yoplait	Reduced Fat Yogurt – All Flavors	8 oz or less	X	X	X	X	X	
Yoplait	GoGurt – Portable Low-Fat Yogurt- All Flavors	1 tube (64g)	X	X	X	X	X	X
Yoplait	Simply GoGurt-Portable Low-Fat Yogurt –All Flavors	1 tube (64 g)	X	X	X			X
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)	X		X	X		X
Yoplait	Light Yogurt – All Flavors	6 oz	X	X	X			X

Yoplait	Greek 100 – All Flavors	5.3oz (150g)			X	X		X
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### Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Fry's	Safe-way	Sam's	Cost-co	Amazon
Kellogg's	Nutri-Grain Cereal Bars – All Flavors	1 bar (37g)	X	X	X	X	X	X
General Mills	Cereal Bars- Cinnamon Toast Crunch, Cocoa Puffs, Strawberry Cheerios, Trix,	1 Bar (1.42 oz)	X	X		X		X

### Granola Bars

Manufacture	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Costco	Amazon	Albertsons
Cascadian Farm	Organic Chewy Granola Bar- Dark Chocolate, Vanilla	1 bar (35g)	X	X	X			X	X
CLIF	Kid Zbar- Chocolate Chip, Iced Oatmeal, Chocolate Brownie, Blueberry Muffin	1 bar (36g)	X	X	X	X	X	X	X
Great Value	Crunch Oats & Honey	2 bars (42g)	X						
Kashi	Chewy Granola Bars – Honey Almond Flax	1 bar (35g)	X	X	X	X		X	X
Kind Bars	Chewy with a Crunch – Peanut butter & dark chocolate, Vanilla Blueberry, Oats & Honey	1 bar (35g)	X	X	X	X		X	X
Kroger	Chewy Granola Bars –Peanut butter, Smores, Chocolate Chip	1 bar (35g)		X					
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X	X	X	X	X	X
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X	X	X	X	X	X	X



Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar ( 24g)	X	X	X	X		X	X
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)				X			
Special K	Chewy Snack Bars – Salted Pretzel Chocolate, Berry Medley, Blueberry Bliss	1 bar (25 g)		X	X				X

### Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size	Walmart	Fry's	Safeway	Sam's	Costco	Amazon	Albertsons
Nestle	Outshine fruit bars- Strawberry and Pineapple	1 bar	X	X	X	X	X	X	X
Fudgsicle	The Original Fudge Pops	1 bar	X	X	X			X	X
Skinny Cow	Skinny Cow Ice Cream Sandwich- NO sugar added or LOW fat	1 sandwich	X	X	X			x	
Skinny Cow	Bars- Fudge	1 bar (4 oz)		X					
Creamsicle	100 Calorie Original Cream Bar	1 bar (2.5 oz)	X	X	X				X
Great Value	Fudge Bar	1 bar (1.65 oz)	X						
Open Nature	Fruit and Veggie Bars	1 bar (2.75 oz)			X				X
Yasso Bars	Frozen Greek Yogurt Bar- Fudge, Seat Salt Caramel, Fudge Brownie	1 bar	X	X	X			X	X

[Amazon Smart Snack storefront](#)