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## 0 1

### POPCORN

Look for simple ingredients. Corn, Salt and an Oil is all that it needs.



## . 0 2

### POTATO CHIPS

Simple Ingredients. Potato, Coconut Oil and Salt. I like Boulder Canyon Kettle Cooked Sea Salt Potato Chips.



## . 0 3

### TORTILLA CHIPS AND SALSA

Simple Ingredients + Organic/Non-GMO. Organic Corn, Coconut Oil/Avocado Oil and salt. I like Jackson's Honest brand.



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### NUT BUTTER / RICE CAKE

Peanut Butter should contain only peanuts and possibly oil or salt. I like Justin's Nutbutters. Rice Cakes with only 1 ingredient, whole grain brown rice.



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### FRUIT LEATHERS

Check for simple ingredients. These can be tricky. I like Wild Made brand. Fruit Puree Concentrate is the only ingredient.





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### APPLE SAUCE

Simple Ingredients. Apple, Apple Puree and Lemon Juice.



## . 0 7

### YOGURT

Look for an option with simple recognizable ingredients. Make sure to check amount of sugar. For older children, purchase plain and allow them to put in add-ins.



## . 0 8

### STRING CHEESE

Simple Ingredients + Organic. I look for a full fat version in lieu of skim milk.



## . 0 9

### FRESH FRUIT

Buy what your kids like, organic if on the dirty dozen list. I look for options that don't require me to chop and that they can eat independently.

