



GREAT SNACKS TO PACK

Equal to or less than 100 Calories

2 Sheets of Graham Crackers

1 Medium Hard Boiled Egg

2 Cups of Popcorn

Low Fat Ranch Dressing with Veggies

Celery Sticks with 1 tbsp Peanut Butter

Mott's Unsweetened Applesauce Cups

Nabisco 100 Calorie Packs

Kozy Shack No Sugar Added Chocolate Pudding

Fresh Fruit

Dole Fruit Bowls

Fruit Canned in Water or 100% Juice

Dried Fruits

Yogurt

Stonyfield YoKids Squeezers

Polly-O String Cheese

1/2 Whole Wheat Pita with 1 tbsp Hummus

Community FoodBank of New Jersey, Inc.

31 Evans Terminal Road

Hillside, NJ 07205

25 Years Fighting Hunger and Poverty

1982-2007