

# *healthy office snacks*

Healthy, tasty options for stocking your desk drawer and break room fridge

## **Pantry snacks**

- Bag of almonds
- Pureed fruit cup (such as apple sauce, or spoon free apple sauce packs)
- Mixed fruit cups (in their own juice or water)
- Mini peanut butter servings or jar of peanut butter
- Granola bars (100-200 calories and 2+ grams of fiber/bar)
- Oatmeal packs
- Whole grain peanut butter crackers
- Homemade trail mix: raisins, almonds, walnuts favorite crunchy whole grain cereal (corn bran oat squares, multi-grain cheerios, etc.)

## **Refrigerated snacks**

- Yogurt cups
- Cheese sticks
- Baby carrots and sample size dressing for dipping
- Slices of turkey

## **Other helpful items to have on hand**

- Box of plastic spoons
- Napkins
- Snack size zip lock bags
- Stickers (to label fridge items if needed)

