

## Healthier Whole Grain Snack Options

With so many options on grocery store shelves, it may be a daunting task to find and select healthful whole grain options to pack for your child's for after-school snack. Try out these more healthful whole grain options below. Many are priced at or below the price of less-healthful options!

**Crackers and Chips.** Pairing whole grain crackers or chips with salsa, hummus, peanut butter, or cheese and a fruit is a quick, easy, and healthy snack option for afterschool. Many of these products have a variety of flavors too. Try out these whole grain crackers or chips.

### Best Buys for under \$0.30 per serving:

Ak Mak Crackers  
Wasa Crispbread Crackers Hearty or Light Rye  
Santitas Tortilla Chips White Corn Blend  
Tostitos Tortilla Chips Dipping Strips  
Tostitos Multigrain Chips  
Sun Chips

### Other great options!

Nabisco Triscuit Crackers  
Whole Grain Goldfish Crackers  
Mary's Gone Crackers  
Nabisco Triscuit Thin Crisps  
Nabisco Original or Multigrain Wheat Thins  
Food Should Taste Good Tortilla Chips  
Green Mountain Tortilla Strips  
Garden of Eatin' Tortilla Chips



**Cereals.** Whole grain cereals can be a part of a healthful afternoon snack. Pack with a banana or raisins, and it can be enjoyed dry or with white milk provided by the afterschool program! Try out these whole grain cereals.

### Best Buys for under \$0.30 per serving:

*Great Value-Walmart:* Bran Flakes,  
Toasted Whole Grain Oats  
*Stop & Shop:* Bran Flakes, Oats and O's  
*General Mills:* Cheerios, Wheaties  
*Post:* Grape Nuts

### Other great options!

*Stop & Shop:* 100% Natural Granola  
*Barbara's Bakery:* Multigrain Spoonfuls  
*Kashi:* Honey Sunshine, Good Friends, Heart to Heart, Autumn Wheat  
*Cascadian Farms:* Purely O's, Multigrain Squares, Cinnamon Crunch  
*General Mills:* Kix, Cheerios, Wheat Chex, Fiber One  
*Kellogg's:* All-Bran, Raisin Bran, Mini Wheats, Raisin Bran, Shredded Wheat  
*Post:* Raisin Bran, Shredded Wheat

For more information on the criteria we used to select healthful whole grains, as well as more information on healthy inexpensive snacks, visit [www.foodandfun.org](http://www.foodandfun.org).