



PrePackaged Food Choices for School Parties/Functions

(All are free of trans fats; no nuts/peanuts are listed due to allergy potential)

FRUITS

(ideally, sulfur-dioxide free due to potential allergy)

Raisins

Dried Fruits

Prepackaged apple slices

Individual Size Applesauce (no sugar added)

Del Monte or Dole Snack Size Pineapple, Apple, or Mixed Fruit Tidbits

Sensible Foods Fruit Snacks

Trader Joes Dehydrated Fruits

Natures Choice Real Fruit Bars (like fruit rollups)

FruitaBu Organic Smooshed Fruit (like fruit rollups)

CORN

Bearitos Popcorn/Corn Chips

Vic's Popcorn

Garden of Eatin' Corn Chips

Trader Joes Organic Corn Chips

Tostitos Restaurant Style (White Corn) Chips

Barbara's Cheese Puffs

Whole Foods All Natural Cheese Puffs

POTATO/VEGGIE

Michael Season's Chips

Terra Chips, Stix

Whole Foods 365 Veggie Chips

Trader Joes Potato Poppers

Trader Joes Veggie Chips

Lay's All Natural Sea Salt Potato Chips

Veggie Booty

Pirates Booty

Trader Joes Reduced Guilt Kettle Cooked Chips

CRACKERS

Blue Diamond Nut Thins

Mary's Gone Crackers

Annie's Cheddar Bunnies

Quack n Bites Organic Cheddar Snacks

Edward and Sons Brown Rice Snaps
Goldbaums Zesty Rice Chips
Trader Joes Savory Thins
Trader Joes Eight-Grain Crisps
Late July Organic Crackers
Carr's Table water Crackers
Earth's Best (Sesame Street) Organic Crunchin' Crackers

COOKIES

Streit's Macaroons
Jennie's Macaroons
Kirkland (Costco) Organic Disney Animal Crackers
Earth's Best Arthur Organic Cookies
Trader Joes Hazelnut and Fig Cookie Thins
Trader Joes Belgian Butter Almond Thins
Trader Joes Lowfat Cat Cookies
Whole Foods 365 Cookies
Earths Best Sesame Street Organic Alphabet Cookies
Barbara's Snackimal Animal Cookies
Hain Graham Crackers

CANDY

note: no artificial colors, flavors, corn syrup
People Pops
Yummy Earth Organic Lollipops and Hard Candies
Trader Joes Organic Fruit Drops and Lollipops
"Lets Do Organic" Fruit Bears
Trader Joes Belgian Dark Chocolate (Mini) Bars
Drosted Pastilles (individual servings)
Whole Foods 365 Chocolate Truffles
Tropical Source Drops and Lollipops (cherry/mint/papaya/butterscotch)
Sunspire Chocolates and Sundrops (like M&Ms)
Newman's Own Organic Chocolates

FROZEN CONFECTIONS

(these are individual servings)
Diana's Chocolate Covered Bananas
MM&B Cool Snacks Banana Bites
Cool Fruits
Fruitops
Sweet Nothings
Mazzone's Soft Italian Sorbet
Cascadian Farm Frozen Yogurt Bars
Whole Foods Organic Ice Cream Bars
So Delicious Coconut Milk Chocolate Minis

Tofutti Cuties (mini ice cream sandwiches)
So Delicious Lil' Buddies (mini ice cream sandwiches)

CHEESE

Applegate Farm Cheese Slices
Horizon Organic Cheese Sticks and Slices
Organic Valley Cheese Sticks and Slices
Trader Joes Organic Light String Cheese and Slices

SEEDS

Note: these are usually tolerated by peanut/nut allergic individuals)
Trader Joes Organic Seeds
Whole Foods Organic Seeds
Most brands of pumpkin seeds/pepitas/sunflower seeds
David's sunflower kernels (in the shell only)
Most brands Tahini Sesame Butter
Sungold Sunbutter (made from sunflower seeds; tastes like peanut butter)

UNSWEETENED FLAVORED WATERS

(no added sugar or sugar substitutes)
Hint Flavored Water
O Flavored Water
Talking Rain Flavored Water (Costco brand)
Archer Farms Flavored Water (Target brand)
Metromint Still Water
Wateroos Water Drink Boxes (Berry, Grape, Apple)
Blu Italy Lemon Flavored Sparkling Water
San Pellegrino Lemon/Lime Flavored Sparkling Water
Crystal Geyser Lemon Flavored Sparkling Water
Whole Foods brand Italian Flavored Sparkling Waters

JUICE AND SOFT DRINK SUBSTITUTES – (all fruit juice or naturally sweetened)

Trader Joes French Lemonade
Lorina's Sparkling Lemonade
Paul Newman's Lemonade
Pomi Pomegranate Juice
Trader Joes Pomegranate Juice
Santa Cruz Organic Fruit Juice
Crystal Geyser Juice Squeeze
Homemade Spritzer (4:1 ratio of any 100% fruit juice with sparkling water)