



## **Smart and Final Healthy Snack Food List**

### **\*\*Best Bites (Healthier Options)**

<b>Fruits and Vegetables</b>	
Fresh fruits and vegetables	**
Dried fruits – Mariani Mixed Fruits, Mariani Pitted Prunes, Premium Orchard Dried Plums, Premium Orchard Dried Apricots	
<b>Yogurt</b>	
Yoplait Original & Light, Alta Dena, Activia, Dannon Light and Fit & Danimals Smoothie	**
<b>Chips</b>	
Baked!	**
Sun Chips	**
Padrinos Reduced Fat Tortilla Chips	**
Stacy’s - Pita Chips, Bagel Chips	
<b>Pretzels</b>	
Snyder’s of Hanover – Sourdough Pretzels, Old Tyme Pretzels, Pretzel Rods, Honey Mustard and Onion Lightly Seasoned Pretzels	**
Snackr’s – Twist Pretzels, Mini Twists, Waffle Pretzels	
<b>Snack Mixes</b>	
Snackr’s – Party Snack Mix	**
Snackr’s – Original Snack Mix	
<b>Crackers</b>	
Triscuit Crackers	**
Original Premium Saltine Crackers Stauffers Animal Crackers Original Teddy Grahams, Goldfish Grahams, Honey Maid Grahams Wheat Thin – Original, Toasted Chips	

Note – All foods and beverages listed meet the City of Long Beach’s nutrition standards. Best Bites refer to the healthier options in each category. This may include varieties that are lower in calories and sodium, and contain whole grains. All flavors of each brand listed are allowable unless flavor is specifically noted. Availability may vary. Most items are sold in bulk packaging.

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<b>Dips</b>	
Vegetable or Fruit based salsa – any brand or type	**
Hummus, Pesto spread, Guacamole – any brand or type	
<b>Nuts &amp; Trail Mixes</b>	
Unsalted or lightly salted nuts– any brand or type	**
Snakr’s – Trail Mix, Whole Fruit and Nuts	**
Premium Orchard – Fruit and Nut Mix	**
Salted nuts – any brand or type	
<b>Bars</b>	
Nature Valley Crunchy Granola Bar	**
Corazona’s Mrs. May Trio Bars	**
Quaker Chewy Granola Bars	**
Fiber One Bars, Quaker Cereal Bars, Cliff Bars. Cliff Kids Z Bars, Kashi TLC Bars, Nature Valley Chewy Trail Mix Fruit and Nut Bars. Luna Bars	
<b>Cheeses</b>	
Precious Stringsters – Low Moisture Part Skim Milk Mozzarella String Cheese	**
First Street – Whipped Cream Cheese	**
Laughing Cow – Light Cheese Wedges – all varieties	
First Street – Low Moisture Part Skim Milk Mozzarella	
<b>Breads</b>	
Sarah Lee – Toaster Size Bagels, Mini Bagels, Pita Bread, English Muffins – all varieties	**(Whole grain varieties only)
Thomas’ Bagel Thins	**(Whole grain only)
Sunmaid Raisin Bread	

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## **Smart and Final Healthy Beverage List**

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<b>Calorie Free Beverages</b>	
Plain bottled waters	**
Sparkling mineral waters (Crystal Geyser flavored or unflavored, Perrier, San Pellegrino, Arrowhead Sparkling flavored or unflavored)	**
Tejava Ice Tea	**
Lipton Pure Leaf Ice Tea	**
Diet Sodas (non youth oriented)	
Diet Ice Tea (non youth oriented)	
<b>Fruit Juice</b>	
Dole 6 oz can	**
Hansens Junior Juice 4.23 oz box	**
Tree Sweet 5.5 oz can	**
Tree Top 5.5 oz can	**
Apple and Eve 6.75 oz box	
Minute Maid 6.75 oz box	
Langers 10 oz	
<b>Vegetable Juice</b>	
V8 Fusion	**
V8	
<b>Milk &amp; Non Dairy Milk Alternatives</b>	
Unflavored Nonfat – any brand	**
Silk Soy Milk – Vanilla Light	**
Unflavored 1% Lowfat – any brand	
Silk Soy Milk – Original, Vanilla	

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