



“Go Raw” brand granola and crackers  
Apple chips  
Apple or pear slices with cheese  
Avocado mousse  
Banana chips  
Beef (or other protein) jerkey  
Canned salmon  
Chia seed pudding  
Cottage cheese with fruit, veggies, or baked beans  
Cranberries, dried  
Fruit kabobs (pretty!)  
Fruits (bananas cheap at Kwik trip!)  
Graham Crackers  
Granola (some will have nuts...be careful)  
Hard boiled eggs  
Lunch meat roll ups  
Muffins  
No bake energy bites (check out Pintrest for fun ideas!!)  
Pretzels  
Roasted garbanzo beans  
Sardines  
Sausage and cheese slices or cubes  
Snack mix  
String cheese  
Sunflower butter for ants on a log or to dip apples  
Sunflower or pumpkin seeds  
Trail mix with sunflower or pumpkin seeds  
Tuna packets  
Veggies  
Veggies and guacamole  
Veggies and hummus  
yogurt, plain with fruit  
Zucchini slices, dried