

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 afterschool 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 some fruit is a quick, easy, and healthy snack option for after school. Many of these products have a variety of flavors too. Try out these whole grain crackers or chips.

Best Buys for under \$0.50 per serving:

Wasa Crispbread Crackers Hearty or
Light Rye
Santitas Tortilla Chips White Corn Blend
Tostitos Tortilla Strips
Tostitos Multigrain Chips
Nabisco Original or Multigrain Wheat Thins
Nabisco Triscuit Thin Crisps

Other great options!

Nabisco Triscuit Crackers
Whole Grain Goldfish Crackers
Mary's Gone Crackers
Food Should Taste Good Tortilla Chips
Green Mountain Tortilla Strips
Garden of Eatin' Tortilla Chips
Sun 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 \$0.50 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