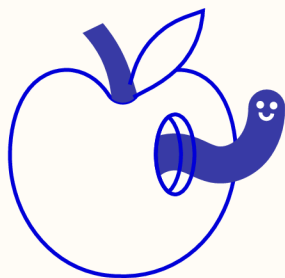


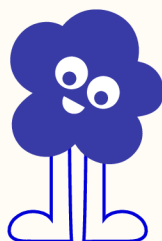
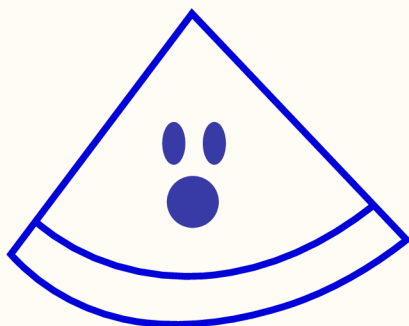
Ocean State Kids **SNACK ROTATION**

While our goal is to provide meaningful, thoughtfully chosen snacks that help keep energy up and spirits high, we understand that busy schedules can make decision-making hard. We hope this list makes things a little easier and inspires a rotation of healthy, wholesome snacks for our time together.



FRUITS

- Apples (sliced or whole)
- Bananas
- Mandarin oranges (Cuties or Halos)
- Strawberries or blueberries
- Plums
- Peaches or nectarines
- Pears
- Melon slices (honeydew, cantaloupe, or watermelon)
- Grapes (cut in half for safety if needed)
- Dried fruit with no added sugar (mango, apricot, or raisins)



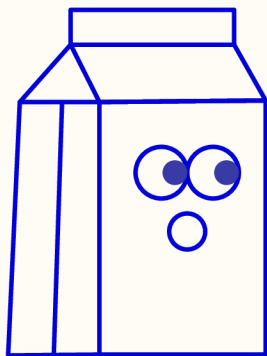
VEGGIES

- Mini cucumbers
- Mini peppers
- Baby carrots
- Sugar snap peas
- Celery sticks
- Cherry tomatoes
- Broccoli or cauliflower florets with hummus

ANYTHING HOMEMADE

TO-GO SNACKS

- Chomps Grass-Fed Beef Sticks
- That's It. Fruit Bars
- Serenity Kids Grain-Free Puffs
- Fresh Bellies
- Nurture Life Mighty Bites
- Mozzarella Sticks
- Hard Boiled Eggs



DRINKS

- Water or Seltzer Water
- Spindrift Sparkling Water
- Harmless Harvest Coconut Water
- Juice Boxes (no sugar added), ex. Honest, Uncle Matts, Loom, etc.

