



## Shopping List

Check off every snack you'd like to try. When you have filled every checkbox, you win!

☐

Berries (fresh)  
8 ounces

☐

Cheese Slice (lowfat)  
1 piece

☐

Fruit (fresh)  
1 piece

☐

Gelatin  
4 ounces

☐

Graham Crackers  
3 crackers

☐

Hummus (as Veggie Dip)  
4 ounces

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Lowfat Yogurt  
1 cup

☐

Popcorn (air-popped)  
3 cups

☐

Pretzel Sticks  
2 sticks

☐

Pudding  
4 ounces

☐

Rice Cakes (large)  
2 pieces

☐

String Cheese (lowfat)  
1 piece

☐

Raw Veggies (snack cut)  
2 sandwich bags

☐

Other

☐

Other

☐

Other