



My Foods to Try

- Carrot Sticks
- Pepper Sticks
- Cherry Tomatoes
- Hummus with Veggies or Pita Bread
- Unsweetened Apple Sauce
- Bananas
- Grapes
- Blueberries
- Strawberries
- Apples
- Raisins
- Celery
- Mild Salsa and Chips
- Guacamole and Rice Cakes

- Granola
- Pumpkin Seeds
- Watermelon
- Peaches
- Roasted Chickpeas
- Veggie Chips
- Sliced Cucumbers
- Edamame
- Snap Peas
- Pears
- Clementines
- Banana or Apple Chips
- Air-Popped Popcorn
- Sunflower Seeds