



Instead of ⇨	Candy	Chips	Cookies	Cream-filled Snack Cakes or Doughnuts	Dips
<p data-bbox="121 240 218 272">Try ⇨</p> 	<p data-bbox="289 207 573 344">Peanut butter on apple wedges, banana or celery. Add raisins or dried cranberries.</p>	<p data-bbox="636 207 961 311">Baked corn tortilla chips, light popcorn, pretzels, or rice cakes</p>	<p data-bbox="1035 207 1299 240">Plain fortune cookies</p> 	<p data-bbox="1346 207 1682 311">Homemade lower fat quick breads such as banana nut, pumpkin, or zucchini</p>	<p data-bbox="1707 207 1992 311">Plain low fat or nonfat yogurt with favorite dip mix</p>
	<p data-bbox="289 402 573 467">Fresh, canned or dried fruit</p> 	<p data-bbox="615 402 982 467">Pita bread stuffed with tuna salad, lettuce and tomatoes</p>	<p data-bbox="1014 402 1320 506">Peanut butter sandwich with sliced banana or apple</p>	<p data-bbox="1346 409 1682 506">Bagels with hummus or low fat cream cheese and raisins</p>	<p data-bbox="1707 402 1992 435">Low fat salad dressing</p> 
	<p data-bbox="289 539 573 636">Frozen banana chunks, pineapple chunks, blueberries or grapes</p>	<p data-bbox="636 539 961 636">Whole grain crackers or breadsticks with part skim mozzarella cheese sticks</p>		<p data-bbox="1346 662 1682 760">Homemade lower fat banana, carrot, or pumpkin muffins</p>	<p data-bbox="1728 571 1971 636">Low fat hummus or bean dip</p>
	<p data-bbox="289 701 573 831">Trail mix made with whole grain cereal, nuts, sunflower seeds, and dried fruit</p> 	<p data-bbox="615 701 982 766">Raw vegetables served with a low fat dip</p> 	<p data-bbox="1014 743 1320 815">Whole wheat apricot or fig bars</p>		<p data-bbox="1728 717 1992 889">Season a mixture of low fat mayonnaise and low fat plain yogurt with your favorite herbs</p>
	<p data-bbox="289 977 573 1149">Cut up fruit threaded on bamboo skewers or toothpicks (You may wish to snap off the sharp points)</p>	<p data-bbox="615 993 982 1091">Tortilla with refried beans, salsa, low fat cheese and leaf lettuce</p> 	<p data-bbox="1035 993 1320 1091">Graham crackers, gingersnaps or vanilla wafers</p>	<p data-bbox="1346 977 1682 1221">Open faced sandwiches spread with light cream cheese and decorated with cut up fruits (fresh, canned or dried), vegetables, nuts and seeds</p>	<p data-bbox="1749 1010 1971 1075">Fresh tomato or mango salsa</p> 
<p data-bbox="310 1302 552 1334">Baked sweet potato</p>	<p data-bbox="615 1253 982 1351">Mini pizza made with English muffins or pita bread and low fat cheese</p>				

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the *California Nutrition Network*. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy you nutritious foods for a better diet. To find out more, contact your local food stamp office at 415-558-4186.