

Acceptable Ideas for Packaged Food Items (*list kindly provided by Student Wellness Office*)

Quick Energy & Focus

- Granola bars (nut-free and nut-containing options)
- Protein bars (clearly labelled)
- Trail mix packets (include nut-free versions)
- Roasted chickpeas or edamame snack packs
- Nut butter squeeze packs (peanut, almond, or sunflower)

Sweet (Comfort Without the Sugar Crash)

- Mini dark chocolate bars
- Applesauce or fruit purée pouches
- Dried fruit packets (raisins, mango, apricots)
- Fruit leather or fruit strips
- Mini muffins or loaf slices (individually wrapped at commercial source)

Savory & Salty

- Popcorn snack bags (low-salt options too)
- Pretzels or baked crackers
- Rice cracker packs
- Cheese crisps
- Seaweed snack packs

Fresh-Feeling (Still Packaged)

- Whole fruit (bananas, apples, oranges)
- Cut fruit cups (sealed)
- Veggie snack packs with dip (if refrigeration is available)
- Yogurt tubes or drinkable yogurt (refrigerated)

Hydration & Warm Options

- Bottled water
 - Electrolyte drink packets
 - Juice boxes
 - Herbal tea bags or instant tea sticks
 - Instant oatmeal cups or packets
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Allergy- and Diet-Inclusive Options

Make sure to clearly label and include:

- Nut-free items
- Vegan snacks
- Gluten-free snacks
- Halal-friendly options