

Kids Food List:

This list is meant to help supplement your staples (ground turkey meat, fruit fruits and vegetables, etc....) with the brands I love to help create healthy meals and snacks for your children. For example, whole wheat bread crumbs are an easy way to make baked chicken tenders.

Breakfast Foods	Lunch and Dinner Foods	Snacks and Dessert Foods
Whole wheat pancakes (Hodgson Mills or Arrowhead Mills)	Turkey hot dogs (Applegate Farms)	Pretzels (Happy Herbets or any whole grain pretzel)
Whole wheat waffles (Arrowhead Mills, Vans, Lifestream, or Kashi)	Whole wheat ravioli (Buitoni, Jolie)	Crackers (Health Valley, Earth's Best Crunchin' Grahams, Barbara's Bakery, Our Family Farm, Annie's Cheddar Bunnies, Kashi TLC)
Whole wheat wraps (Tumaro's or La Tortilla Factory)	Whole wheat panko (Ian's)	Tortilla chips (La Tortilla)
Yogurt (Stonyfield Farm, Oikos)	Whole wheat bread crumbs	Peanut butter crackers (Good Health)
100% Juice (Ceres, Walnut Acres, Santa Cruz Organic)	Whole wheat pasta (Deboles, Barilla Plus)	Dried fruit (make sure no added sugar!)
Water (Nui water or Wadda Juice)	Soups (Health Valley, Amy's Organic, Walnut Acres)	Fruit leathers (Earth's Best Organic Fruit Rings, Fruitabu)
Cereal (Kashi Mighty Bites, Health Valley Crunch 'Ems + Oat Bran Flakes, EnviroKidz Peanut Butter Puffs, Barbara's Puffins)	Chicken (Free Bird, Bell and Evan's, Ian's, Applegate Farms)	Snack bars (Health Valley, Earth's Best Organic Rice Crisp Bar)
Eggs (any organic eggs with DHA and EPA)	Frozen Vegetables (Cascadian Farms, Seapoint Farms)	Cookies (Health Valley, Kashi TLC, Newman's Own)
Whole Wheat or Raisin English muffins (Matthew's)	Turkey Meatballs (Aidell's, Shelton's)	Edamame (Seapoint Farms)
Oatmeal (Go for steel cut- Arrowhead Mills, Quaker)	Fish sticks/Salmon burgers (Ecofish)	Applesauce (Santa Cruz)
Milk (Horizon Organic)	Veggie Burgers (Dr. Praeger's, Amy's)	Chocolate milk/milk substitute (Skim Plus, Soy Dream, Horizon Organic)
	Turkey/Ham slices (Applegate Farms)	
	Marina sauce (Colavita enriched)	
	Natural peanut butter (Arrowhead Mills, Maranatha)	
	Cheese (Cabot Reduced Fat with Omega-3 DHA)	



