

# Snack Shopping Guide

Venues: Costco, Von's, Trader Joe's, Whole Foods

<b>Fresh Fruit or Vegetables</b>	<ul style="list-style-type: none"> <li>• Ready-made platters available at Costco, Von's, and Whole Foods — fruit or cheese &amp; fruit</li> <li>• Pre-washed, pre-cut options or make your own platter</li> <li>• Veggie suggestions: Baby carrots, red bell peppers, cherry or plum tomatoes, snap peas, broccoli or cauliflower florets, celery, zucchini slices</li> <li>• Fruit suggestions: Strawberries, raspberries, blueberries, blackberries, bananas, tangerines, cubed melons, pineapple chunks, apples slices, orange slices, grapes</li> </ul>
<b>Whole Foods Catering Menu or Premade Platters</b>	<ul style="list-style-type: none"> <li>• Sushi: Garden Paradise, Golden State, Kikka Fantasy, Sea of Japan, Cherry Blossom, Marina</li> <li>• Platters: Bruschetta, Grilled Vegetable, Vegetable Crudités, Mediterranean, Jumbo Shrimp Cocktail, Fresh Fruit, Cubed Cheese Platter</li> <li>• Dessert: Chocolate Dripped Strawberries, Fruit Platter</li> </ul>
<b>Von's Catering Menu or Premade Platters</b>	<ul style="list-style-type: none"> <li>• Mediterranean Medley</li> <li>• Love Those Veggies (ask for hummus instead of ranch)</li> <li>• Hummus and Garden Veggies</li> <li>• Fresh Fruit</li> <li>• Deli Counter Party Tray</li> <li>• Mediterranean Medley</li> </ul>
<b>Costco Premade Platters</b>	<ul style="list-style-type: none"> <li>• Shrimp Platter</li> </ul>
<b>Dips &amp; Cheese</b> <i>Available at most stores</i>	<ul style="list-style-type: none"> <li>• Dips: Hummus, Bean, Salsa, Guacamole, Hummus Guacamole (Trader Joe's), Cucumber Raita, Baba Ganoush, Light Cream Cheeses, Trader Joe's Vinaigrettes, peanut or sesame dressings, Low fat Ranch Dip: Whole Foods - Follow Your Heart LF Ranch dressing, or combine LF plain yogurt and/or NF sour cream + Hidden Valley Ranch Pack</li> <li>• Cheese: Babybel Light, Laughing Cow Light Wedges, Boursin Light, Feta, Von's- Sargento Reduced Fat Mozzarella and Cheddar String Cheese</li> </ul>
<b>Crackers, Grains, Chips, and Other</b> <i>Available at most stores</i>	<ul style="list-style-type: none"> <li>• Whole grain crackers: Ak Mak, WASA, Kavli, RyKrisp, Ryvita, Triscuits or "Woven Wheats"</li> <li>• Chips: Soy Crisps, Pita Chips, Pop Chips, Veggie Stix</li> <li>• Pretzels: Frito Lay Wheat Braided Twists, Newman's Spelt, Costco - Snack Factory Deli-Style Pretzel Chips</li> <li>• Other: Nuts, Trail Mix- Fruit &amp; Nut, 100% Fruit Snacks, Sushi Platters, Edamame, Natural Popcorn, Whole Foods- East and West Gourmet Bolanis/Flat Bread, Whole Foods Wheat Pita Minis</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Platter of half fresh fruit, half small cookies or biscotti (Whole Foods 2Bite Scones, Cookies, Brownies)</li> </ul> <p>Other suggestions:</p> <ul style="list-style-type: none"> <li>• Bowl of dark chocolate mints (Andes, Ghiradelli Squares)</li> <li>• Ginger Chews</li> <li>• Back2Nature Granola Cookies</li> <li>• Von's 100% Whole Grain Mini Biscotti</li> <li>• Angel Food Cake</li> <li>• Kashi TLC Oatmeal Cookies</li> <li>• Meringue Cookies</li> <li>• Whole Foods Petit Sweets Platter &amp; Fresh Fruit</li> </ul>