

SAMPLE OF CRACKERS THAT MEET THE SNP NUTRITION GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10% daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving.

Note: Please review ingredient lists and allergens prior to serving to ensure peanut/nut free each time you purchase any product as allergen information may change.



Any Triscuit Cracker – Organic, Original, Minis, or Thin Crisps

1st ingredient: Whole Grain Wheat

Sodium: Varies from 1-7% DV



Selection Woven Wheat

1st ingredient: Whole Wheat

Sodium: 3% DV



Great Value Wheat Crackers

1st ingredient: Whole Grain Whole Wheat

Sodium: 3-4% DV



PC Wheat Square Crackers

1st ingredient: Whole Grain Whole Wheat

Sodium: 3% DV



PC Crisp & Thin Crackers – Whole Grain Crackers with 8 Grains and Seeds OR Flax and Honey

1st ingredient: Whole Grains

Sodium: 5-6% DV



Breton Crackers – Whole Grain

1st ingredient: Whole Grains

Sodium: 5% DV



Breton Bites Crackers – Original OR Veggie (not cheddar)

1st ingredient: Whole Grain Whole Wheat Flour

Sodium: 6-9% DV

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PC Mini Crisp and Thin Crackers (Multigrain OR Flax and Honey NOT wheat or vegetable)
1st ingredient: Whole Grain Whole Wheat Flour



Wheat Thins Tomato & Basil or Cracked Pepper
1st ingredient: Whole Grain Wheat
Sodium: 4-5% DV



Great Value Thin Wheat
1st ingredient: Whole Grain Wheat
Sodium: 5% DV



Premium Plus Whole Wheat Soda Crackers
1st ingredient: Whole Grain Wheat Flour
Sodium: 7% DV



PC Chia and Quinoa Pita Crackers
1st ingredient: Whole Grain Whole Wheat Flour
Sodium: 6% DV



PC Melba Toast – Whole Wheat OR Multigrain
1st ingredient: Whole Wheat Flour
Sodium: 4% DV



Grissol Melba Toast – Whole Grain
1st ingredient: Whole Wheat Flour
Sodium: 5% DV



PC Whole Wheat Cheddar Little Penguins
1st ingredient: Whole Grain Whole Wheat Flour
Sodium: 6% DV



Goldfish Multigrain
1st ingredient: Whole Grain Wheat Flour
Sodium: 7% DV

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Mary's Organic Crackers – Original, Black Pepper, Everything, Basil & Garlic, Herb or Classic (Gluten Free)
1st ingredient: Whole Grain Brown Rice
Sodium: 7-8% DV



Sesmark Ancient Grains Crackers (Gluten Free)
1st ingredient: Whole Grain Brown Rice
Sodium: 6% DV



Wasa Rye Crackers – Light Rye, Fibre Rye, Multi Grain, Sourdough Rye
1st ingredient: Whole Grain Rye Flour
Sodium: 4-6% DV



Ryvita Whole Grain Snack Bread
1st ingredient: Whole Grain Rye Flour
Sodium: 2% DV



Finn Crisp Original Thin Crispbread and Multigrain
1st ingredient: Whole Grain Rye Flour
Sodium: 6% DV



Ryvita Multigrain or Sesame Rye
1st ingredient: Whole Grain Rye Flour
Sodium: 2% DV