

## SAMPLE OF GRANOLA BARS & COOKIES 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. No chocolate, candy or marshmallows and not dipped in chocolate or yogurt.

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



**Quaker Chewy Peach Crumble**  
1<sup>st</sup> ingredient: Granola (Oats)  
Sugar: 5g sugar/bar  
Sodium: 3% DV



**Quaker Chewy Raspberry Fruit Crumble**  
1<sup>st</sup> ingredient: Granola (Oats)  
Sugar: 6g sugar/bar  
Sodium: 3% DV



**Quaker Chewy Apple Fruit Crumble**  
1<sup>st</sup> ingredient: Granola (Oats)  
Sugar: 6g sugar/bar  
Sodium: 3% DV



**Compliments Chewy Apple Bar**  
1<sup>st</sup> ingredient: Granola (Oats)  
Sugar: 8g sugar/bar  
Sodium: 1% DV



**PC Blue Menu Berry Blend**  
1<sup>st</sup> ingredient: Whole Grain Granola  
Sugar: 4g sugar/bar  
Sodium: 2% DV



**Tim Hortons Bueberry Bar**  
1<sup>st</sup> ingredient: Whole Grain Granola  
Sugar: 7g sugar/bar  
Sodium: 4% DV



**Tim Hortons Apple Fritter Bar**  
1<sup>st</sup> ingredient: Whole Grain Granola  
Sugar: 8g sugar/bar  
Sodium: 4% DV



**Kashi 7 Grain & Quinoa Bar – Honey Oat Flax**  
1<sup>st</sup> ingredient: Whole Grain Oats  
Sugar: 9g sugar/ 40g serving  
Sodium: 4% DV



**Made Good Strawberry or Mixed Berry Bar (Gluten Free)**  
1<sup>st</sup> ingredient: Oats  
Sugar: 6g sugar/bar  
Sodium: 1% DV

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**Go Pure Oat Bars: Coconut, Apple Cinnamon, Mixed Berry, Honey**  
1<sup>st</sup> ingredient: Whole Oats  
Sugar: 6-7g sugar/bar  
Sodium: 2-3% DV



**My 1<sup>st</sup> Bear Paws Crunchy Cookies Oatmeal**  
1<sup>st</sup> ingredient: Whole Grains  
Sugar: 5g sugar/ 25g serving  
Sodium: 4% DV



**My 1<sup>st</sup> Bear Paws Crunchy Cookies Vanilla**  
1<sup>st</sup> ingredient: Whole Grains  
Sugar: 5g sugar/ 25g serving  
Sodium: 4% DV



**Made Good Apple Cinnamon Granola Bites (Gluten Free)**  
1<sup>st</sup> ingredient: Oats  
Sugar: 6g sugar/ 24g serving  
Sodium: 1% DV



**Made Good Strawberry Granola Bites (Gluten Free)**  
1<sup>st</sup> ingredient: Oats  
Sugar: 6g sugar/ 24g serving  
Sodium: 1% DV



**Made Good Mixed Berry Granola Bites (Gluten Free)**  
1<sup>st</sup> ingredient: Oats  
Sugar: 6g sugar/ 24g serving  
Sodium: 1% DV



**Dare Simple Pleasures Cookie - Oatmeal**  
1<sup>st</sup> ingredient: Rolled Oats  
Sugar: 8g sugar/ 31g serving  
Sodium: 3% DV



**Dare Simple Pleasures Cookie - Digestive**  
1<sup>st</sup> ingredient: Whole Grain Whole Wheat Flour  
Sugar: 5g sugar/ 27g serving  
Sodium: 4% DV