

Snack Pack Pantry

A practical food guide for families with children ages 4 to 18



Featuring Tucker the Tahoe Bear

60 food choices / 30 combinations / 16 recipes / 5 family tools

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Start with the next snack

You do not need to replace your entire pantry to use this guide. Choose one moment that repeatedly creates friction: the school bag, the drive home, the hour before practice, or the stretch between lunch and dinner. Build a dependable option for that moment first.

Start here with five easy snacks: banana with yogurt; ripe pear with cheese; egg with fruit; cinnamon apples with cottage cheese; chicken with soft potato. Use prepared ingredients and adjust texture to the child.

A simple first pass

- Read the Core standard and safety pages before selecting foods.
- Choose three dependable combinations, one batch recipe and one backup.
- Use the pantry sheet before shopping. Buy small quantities until you know what gets eaten.
- Let appetite and development guide the amount and texture. A package serving is not a prescription.

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The companion Snack Finder lets you search the same 60 choices and make a temporary shopping list. The five tools can also be printed separately. All recommendations remain subject to the child's needs and the exact package label.

F01 to F40 are ordinary-food choices. The 20 retained product IDs connect to manufacturer references; gaps in P numbering preserve earlier records.



What Core means in this guide

Core is my shopping standard for the everyday shortlist. It is an editorial filter, not a regulatory certification, a medical requirement, or a claim that every excluded ingredient is harmful.

- Packaged choices show 0 g added sugar per labeled serving, with an ingredient review for added sweeteners.
- No artificial colors or flavors, added gums or emulsifiers, sugar alcohols, high-intensity sweeteners, or high-fructose corn syrup.
- No refined seed oils. A listed seed oil with an unknown refining method is held outside Core. Whole nuts and seeds are allowed.
- Whole foods lead. Animal foods, peanuts, tree nuts and sesame may be included when appropriate for the child.

What the standard does not tell you

A short ingredient list does not settle portion size, choking risk, allergy suitability, sodium, saturated fat, or whether a snack will satisfy your child. Cheese, dried fruit and nut butter serve different purposes. A passing label does not make them interchangeable.

Natural ingredients and exceptions

Fruit and plain milk foods contain naturally occurring sugars. Olive oil, avocado oil and coconut oil are not excluded by this seed-oil rule. Annatto in the named cheddar is a naturally derived color. No named product relies on a natural-flavor exception. Whole seeds and seed butters remain allowed.

If a future product uses unspecified natural flavor, it belongs in a clearly labeled conditional section only after ingredient clarification. This edition omits oats and wheat flour recipes. Optional sourdough or sprouted bread must still meet Core; neither name guarantees ingredients or gluten-free status.

Sources S01 and S02. The exclusions above reflect the guide's chosen criteria, not an FDA or AAP endorsement of this list.



Read the label in a useful order

Check	Decision
Exact product	Match the brand, flavor and U.S. formulation. Similar packaging can contain different ingredients.
Serving size	Use it to interpret the label. Adjust the amount offered to the child.
Added sugars	Look for 0 g for Core; also read the ingredients. Total sugars includes naturally occurring sugar.
Ingredients	Look for sweeteners, oils, gums, emulsifiers, colors and flavors. Check the entire list.
Allergy information	Read ingredients and any contains or precautionary statement every time.
Use and storage	Decide whether the texture fits and whether cold storage is available.

Three examples

Plain cottage cheese may contain total sugar from milk and still show 0 g added sugar. A fruit bar can have appreciable total sugar even when fruit is its only ingredient. A sweetened nut butter can sound simple and still fall outside this guide's Core filter.

Do not interpret 0 g added sugar as a laboratory guarantee of absolute zero. Labeling uses serving amounts and rounding. A no-added-sugar claim also does not mean low calorie or low total sugar.

Fruit concentrates require context. The Apple Apple pouch is included on the basis of its complete ingredient list and displayed 0 g added sugars label; not every concentrate-containing product qualifies.

Keep useful label information separate from front-of-package marketing words such as natural, organic or protein. Source S02.



Match the snack to the child

Offer a manageable starting amount and allow more when your child is hungry. Growth, activity, meal timing and appetite vary too much for one snack size to fit ages 4 through 18. This guide does not set calorie limits, weight targets or adult protein goals for children.

Age group	Practical approach
4 to 5	Adult prepares texture and supervises. Offer small amounts in familiar forms. This guide uses ground nuts and seeds and excludes popcorn for this age group.
6 to 12	Invite the child to choose between suitable options. Teach packing, label checking and keeping food cold. Continue to assess chewing skills.
13 to 18	Allow larger snacks or a small meal when needed. Include the teen in shopping and preparation; discuss convenience and energy needs without body criticism.

A flexible way to build

Start with fruit, vegetables, potato, sweet potato or rice. Add a protein food or a nut or seed spread when the snack needs to carry the child longer. Water can accompany it. Sometimes a piece of fruit is enough; sometimes the child needs a much more substantial plate. Source S01.

When an individual plan matters

Children with food allergy, swallowing difficulty, diabetes, kidney disease, poor growth or a diagnosed feeding problem need advice matched to their situation. Do not use the Core standard to override an existing care plan or remove essential foods from an already limited diet.

If food avoidance is worsening, eating causes pain, or growth is concerning, seek help from the child's pediatric clinician and, when appropriate, a pediatric registered dietitian or feeding team.



Allergies and texture come first

The nine major U.S. food allergens are milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and sesame. In the food and recipe notes, "none inherent" refers only to these nine. Other foods can also cause reactions. An ingredient list without these nine is not proof that a product is safe for a particular allergy. Source S04.

Use the child's allergy plan. Read each new package, check school rules, and ask the manufacturer about uncertain cross-contact. For a known serious allergy, keep prescribed emergency medication available and follow the clinician's emergency instructions.

Prepare for actual chewing ability

- Seat children to eat and supervise younger children. Do not hand out food while a child is running or playing.
- Avoid whole nuts, whole seeds, popcorn and tough dried fruit when chewing is immature. Use ground, smooth or soft alternatives.
- Spread nut and seed butters thinly. Cook or grate hard produce. Remove pits, seeds, bones and tough skins as needed.
- Cut round firm foods such as grapes lengthwise into small pieces. Keep pouch caps away from young children.

Age alone does not establish readiness. The preparation notes in this guide are conservative suggestions; a child with swallowing difficulty needs an individualized texture plan. Source S03.

An emergency is different from meal planning

Call 911 for severe breathing difficulty, inability to breathe or speak from choking, or suspected anaphylaxis. Follow prescribed allergy treatment and emergency dispatcher instructions. A certified first-aid course can prepare caregivers to respond.



Keep prepared food safe

A snack made from good ingredients still needs safe handling. Keep cold food at 40 F or below. For a packed perishable snack, use an insulated bag and at least two cold sources. An ordinary tote or a warm car does not provide refrigeration. Source S05.

Food	Handling
Yogurt, cottage cheese and cheese	Refrigerate and keep cold during transport. Follow the package after opening.
Cooked egg, chicken, fish, tofu, beans and grains	Refrigerate promptly in shallow containers. Label the preparation date.
Cut fruit and prepared dips	Use clean utensils, cover and chill. Keep separate from raw meat preparation.
Unopened shelf-stable foods	Store as directed. Opening can change storage requirements.

Refrigerate perishables within 2 hours, or within 1 hour above 90 F. Discard food held too long at unsafe temperatures. Smell and appearance do not reliably establish safety. Most cooked leftovers have a 3 to 4 day refrigerated limit; this guide generally uses shorter recipe windows. Source S09.

Use a thermometer when cooking

Food	Minimum internal temperature
Egg dishes	160 F
Chicken and other poultry	165 F
Fish	145 F
Reheated leftovers	165 F

Cooking time is a guide; temperature determines doneness. Cool food to a comfortable eating temperature before serving. Source S06.



Build value into the pantry

Use the most convenient option where it solves a real problem. A large yogurt tub may work well at home. A pouch may earn its price on a travel day. Neither format needs to supply every snack.

Usually practical for value	Where a premium may help
Seasonal whole fruit	A small supply of individually wrapped fruit for travel
Plain frozen fruit and vegetables	Precut produce when it prevents waste or missed preparation
Beans, lentils and eggs	Single portions when refrigeration and timing make them useful
Large tubs and jars	Small sizes for a first trial or occasional use

Compare the amount you will actually use

Unit price is useful only alongside waste. Divide package price by ounces or by realistic household uses. A large package that spoils can cost more per eaten serving than a smaller one. The worksheet in the production workbook can calculate this from your own prices; no price in this guide is presented as a current store quote.

Choose a small starting basket

- Two fruits already accepted by the child.
- One plain protein food, such as eggs, yogurt or beans.
- One familiar potato, sweet potato or rice option.
- One vegetable and one dip or spread.
- One backup packaged option, if needed.

Organic is optional. Buy according to your budget and preferences. The aim is a repeatable snack routine; you do not need to purchase the named brands or every item in the guide.



Plan for school and travel

School

Start with the school's food and allergy policy. A sunflower product is not automatically approved because it is peanut-free. Label the child's container when required and remind them not to share food when allergy plans apply.

Pack foods the child can open and eat within the available time. Keep new or difficult textures for a supervised setting at home. Send utensils when needed and keep wet and dry components separate until eating.

With reliable cold storage

- Plain yogurt with soft fruit.
- A chopped cooked egg and suitable fruit.
- White bean dip with tender vegetables.
- Cottage cheese with ripe pear.

Without reliable cold storage

Use intact fruit and unopened products labeled shelf-stable. A fruit pouch or bar may be useful, but choose a texture the child handles well and plan a more substantial eating opportunity when needed. A previously opened shelf-stable package may require refrigeration.

A travel habit worth keeping

Carry water and a small food backup before leaving. Take a seated eating break. Once perishable food has been held too warm for too long, replace it rather than saving it for later. Use the school and travel checklist on page 39. Sources S03 and S05.



Sports days and occasional treats

An active child may need more food, especially when practice runs across a normal meal. Start with a familiar snack before leaving and plan what will be available afterward. A banana, an egg with soft potato, rice with egg, or yogurt and fruit can serve different moments.

Keep sports fueling separate from Core

Water is the everyday drink. Longer, intense activity or unusual conditions can call for an individual fueling and hydration plan. Ask a qualified pediatric sports clinician or dietitian when that applies. This guide does not prescribe adult carbohydrate targets, electrolyte doses or sports supplements for children. Source S08.

A product chosen for a specific sports purpose may contain added sugar and therefore sit outside Core. Label that exception honestly. Do not call a sports product an everyday Core snack because the child plays a sport.

Make room for ordinary life

A birthday dessert or family treat does not require guilt or compensation. Core is a way to organize routine purchases, not a rule that children must obey at every social event. Avoid calling the child good or bad because of a food choice.

What is outside this guide

Energy drinks, caffeinated performance products, weight-loss snacks, supplement regimens and therapeutic elimination diets are not part of the program. The recipes use ordinary foods and do not require protein powders, collagen or vitamin blends.

For the next practice day, write down the actual gap between lunch, activity and dinner. Plan food around that gap before buying a specialty product.



When a child says no

Keep one familiar food in the snack and offer a small amount of something less familiar alongside it. A child can look, touch or smell before tasting. Keep the conversation ordinary and offer the food again another day. Source S07.

Make the choice small

Try “Would you like pear or banana with your yogurt?” Giving a useful choice is easier than asking a hungry child to invent the entire snack. If mixed foods are unwelcome, serve the components separately.

Change one feature at a time

If a child likes a smooth pouch, try a spoonful of smooth applesauce in a bowl. If a child accepts raw cucumber but dislikes dip, keep the cucumber and put a little dip beside it. Preserve a familiar part of the experience while offering one new feature.

Involve the child in the work

- Younger children can rinse fruit, stir a cool dip or choose a container.
- School-age children can help compare two ingredient lists.
- Teens can prepare a batch, choose a shopping item and identify what makes a snack practical.

Keep regular eating opportunities and allow the child to decide how much to eat from the suitable foods offered. Avoid bargaining for bites or using dessert as payment. Source S07.

Do not abruptly remove the few foods a highly selective child reliably eats to enforce this guide. Pain, fear of eating, persistent swallowing trouble, poor growth or a steadily shrinking food list calls for professional assessment.



Find the snack for the moment

Each situation offers four ways to solve a different snack decision. Start with the first useful option, then choose according to appetite, preparation time and foods already available. These are editorial starting points, not ranked clinical comparisons.

A quick snack at home

Banana + yogurt (F01, F25) • Ripe pear + cottage cheese (F03, F40) • Egg + orange (F17, F08) • Cinnamon apples + cottage cheese (R09, F40)

Use prepared ingredients; chill perishables.

School with cold storage

Egg bites + orange (R06, F08) • White bean dip + tender carrot (R03, F12) • Cottage cheese + pear (R02) • Yogurt + mashed berries (R01)

Check school policy; insulated bag plus two cold sources.

A shelf-stable backup

Intact banana (F01) • Intact orange (F08) • Unopened Apple Apple pouch (P29) • Fruit bar (P01) for a suitable chewer

Opening or cutting can change storage needs; follow package.

A snack before practice

Banana (F01) • Soft potato + egg (F31, F17) • Yogurt + fruit if tolerated (F25) • Small rice bowl (F27)

Use familiar foods and timing; no universal sports-fueling prescription.

For a bigger appetite

Teens may need a small meal: R13 chicken avocado plate, R06 egg bites with fruit, R15 sweet potato with lentils, or optional tofu with rice and vegetables. Increase the amount offered when needed.



Options for different preferences

A substitution changes ingredients, taste and sometimes nutrition. These ideas help you start a conversation; they do not replace a child's allergy or feeding plan.

A soft texture preference

Soft cinnamon apples (R09) • Creamy white bean dip (R03) • Creamy avocado dip (R08) • Cinnamon pear cream (R02)

Preference ideas only; swallowing difficulty needs a prescribed texture plan.

A dairy-free direction

Egg + orange (F17, F08) • Hummus + soft potato (R04, F31) • Sweet potato + lentils (R15) • Creamy avocado dip (R08)

Substitutions are not nutritionally identical; check labels and the full diet.

Avoiding peanut ingredients

Yogurt + fruit (R01) • White bean dip (R03) • Egg bites (R06) • Sunflower banana dip (R11), if suitable

Not an allergy-safe list; check every ingredient, cross-contact and school rules.

When a package changes

Use the same food role as your replacement rule. If a fruit bar no longer meets Core, choose suitable fresh fruit. If a nut butter changes, compare the exact ingredients of another approved spread, or use a bean dip if appropriate. Recheck texture, allergens and storage each time.

Value and convenience

Start with ordinary foods and large tubs or jars you reliably finish. Pay for a small packet, pouch or preportioned cheese when it solves a specific packing problem. "Premium" describes convenience or format here, not a claim of better nutrition.



One small shopping basket

This example plans one snack occasion on five days for two children. It is a shopping exercise, not a complete diet or a limit on food. Adjust quantities to appetite, household supplies and the rest of the week.

Buy or check at home	Starting amount
Bananas, oranges and soft pears	4 bananas, 2 oranges, 2 pears
Carrots and cucumber	4 carrots, 1 cucumber
Plain yogurt and cottage cheese	One 32 oz yogurt tub; one 16 oz cottage cheese tub
Eggs and canned white beans	6 eggs; one 15 oz can of beans
Potatoes	2 medium potatoes, cooked soft as needed
Pantry ingredients	Olive oil and cinnamon; lemon, garlic and dill optional

Day	A planned snack
Monday	Banana with plain yogurt
Tuesday	R03 white bean dip with tender carrot and soft potato
Wednesday	Chopped cooked egg with orange
Thursday	R16 cucumber yogurt dip with soft potato and an egg
Friday	R02 pear and cottage cheese

Prepare the bean dip near Tuesday and the yogurt dip near Thursday; do not keep a single batch beyond its stated storage window. Keep extra food available. No recipe requires buying every named packaged product.



Tucker helps in the kitchen



Tucker says: “Let’s choose something, make it ready, and pack it together.” An adult chooses safe ingredients and handles knives, heat and any task the child cannot yet do safely.

Choose two colors

Pick two suitable fruits or vegetables. Name the colors; tasting is optional.

Be the texture detective

Describe a familiar food as soft, smooth, juicy or crunchy. An adult decides which textures are safe.

Mix a small batch

Help stir R01 strawberry yogurt cups or mash R08 avocado. Wash hands first.

Pack for the plan

Choose a container, utensils and water. An adult adds cold sources for perishables.

Make a repeat list

Draw or write one snack to make again. Celebrate helping, noticing and learning; do not reward finishing food.

Older children can skip the character activities and use the planner or prepare a recipe independently when ready. Tucker is an invitation to participate, not a reason to buy a product.



Ordinary foods 1 to 8

Choose plain versions without added sweeteners or excluded ingredients. These are shopping and preparation ideas, not fixed portions. See pages 5 to 7 for individual needs and safe handling.

F01 Banana

Pair with yogurt or a thin nut or seed butter spread. Peel; slice or mash for the child.

Ingredient allergen: None inherent. Shopping approach: Value.

F02 Apple

Use with cheese, beans or a thin spread. Cook until soft or grate for less confident chewers.

Ingredient allergen: None inherent. Shopping approach: Value.

F03 Pear

Serve ripe with yogurt or cottage cheese. Choose soft fruit; remove core and seeds.

Ingredient allergen: None inherent. Shopping approach: Value.

F04 Strawberries

Stir chopped fruit into plain yogurt. Remove stems; cut to suitable pieces.

Ingredient allergen: None inherent. Shopping approach: Seasonal or frozen.

F05 Blueberries

Add to yogurt; quinoa is an optional variation. Mash or flatten for a child who needs softer textures.

Ingredient allergen: None inherent. Shopping approach: Frozen value.

F06 Mango

Pair with plain dairy or a soft bean dip. Peel and remove pit; cut across fibrous sections.

Ingredient allergen: None inherent. Shopping approach: Frozen value.

F07 Peach

Offer with a savory snack or plain yogurt. Remove pit; use soft ripe fruit.

Ingredient allergen: None inherent. Shopping approach: Seasonal or frozen.

F08 Orange

Pack alongside an egg or other protein food. Remove peel, seeds and tough membrane as needed.

Ingredient allergen: None inherent. Shopping approach: Value.



Ordinary foods 9 to 16

Choose plain versions without added sweeteners or excluded ingredients. These are shopping and preparation ideas, not fixed portions. See pages 5 to 7 for individual needs and safe handling.

F09 Kiwi

Add to a fruit and yogurt bowl. Peel if preferred; cut into manageable pieces.

Ingredient allergen: None inherent. Shopping approach: Seasonal.

F10 Watermelon

Serve with an egg or cheese at home. Remove rind and seeds; refrigerate cut fruit.

Ingredient allergen: None inherent. Shopping approach: Seasonal.

F11 Cucumber

Use as a dip carrier or in a yogurt salad. Peel and grate for less confident chewers.

Ingredient allergen: None inherent. Shopping approach: Value.

F12 Carrot

Pair with white bean dip or hummus. Steam soft or grate; avoid hard raw chunks for younger children.

Ingredient allergen: None inherent. Shopping approach: Value.

F13 Bell pepper

Offer with bean dip or a small egg dish. Remove seeds; cook soft when needed.

Ingredient allergen: None inherent. Shopping approach: Seasonal.

F14 Avocado

Mash beside egg or soft potato; optional sourdough or sprouted toast. Remove skin and pit; mash or cut soft flesh.

Ingredient allergen: None inherent. Shopping approach: Seasonal.

F15 Sweet potato

Use a cooked half as the base for yogurt or beans. Cook until tender; cool before serving.

Ingredient allergen: None inherent. Shopping approach: Value.

F16 Broccoli

Pair tender florets with yogurt dip. Steam until easily mashed; cut stems and florets small.

Ingredient allergen: None inherent. Shopping approach: Frozen value.



Ordinary foods 17 to 24

Choose plain versions without added sweeteners or excluded ingredients. These are shopping and preparation ideas, not fixed portions. See pages 5 to 7 for individual needs and safe handling.

F17 Egg

Pair a cooked egg with fruit or soft potato. Cook thoroughly; chop or mash.

Ingredient allergen: Egg. Shopping approach: Value.

F18 Chicken

Use moist cooked shreds in a small snack plate. Remove bones and skin as appropriate; keep chilled.

Ingredient allergen: None inherent. Shopping approach: Batch cook.

F19 Salmon

Flake cooked fish into a potato or bean bowl. Check carefully for bones; keep chilled.

Ingredient allergen: Fish. Shopping approach: Frozen or canned.

F20 Plain tofu

Optional choice: serve cooked soft cubes with rice and vegetables. Choose a plain formulation; mash if needed.

Ingredient allergen: Soy. Shopping approach: Value.

F21 Shelled edamame

Optional choice: mash into a dip or add to cooked rice. Cook per package; remove pods; mash for younger children.

Ingredient allergen: Soy. Shopping approach: Frozen value.

F22 Chickpeas

Mash with lemon and olive oil for a spread. Use fully cooked beans; mash for less confident chewers.

Ingredient allergen: None inherent. Shopping approach: Canned or batch cook.

F23 White beans

Blend into a mild savory dip. Use fully cooked beans; drain and rinse canned beans.

Ingredient allergen: None inherent. Shopping approach: Canned or batch cook.

F24 Lentils

Mix soft cooked lentils with rice or sweet potato. Cook until tender; use plain lentils without sauce.

Ingredient allergen: None inherent. Shopping approach: Dry value.



Ordinary foods 25 to 32

Choose plain versions without added sweeteners or excluded ingredients. These are shopping and preparation ideas, not fixed portions. See pages 5 to 7 for individual needs and safe handling.

F25 Plain yogurt

Use as a snack base with fruit. Choose pasteurized milk and cultures without added sweeteners or stabilizers.

Ingredient allergen: Milk. Shopping approach: Large tub value.

F26 Cooked quinoa (optional)

Optional small addition to fruit and yogurt or a savory bowl. Rinse and cook per package; promptly chill leftovers.

Ingredient allergen: None inherent. Shopping approach: Batch cook.

F27 Cooked rice (white or brown)

Use in small bean or egg bowls. Cook per package; promptly chill leftovers.

Ingredient allergen: None inherent. Shopping approach: Batch cook.

F28 Unsalted almonds

Use finely ground in yogurt or as a smooth spread. Whole nuts require mature chewing skills; use ground form for younger children.

Ingredient allergen: Tree nut almond. Shopping approach: Bulk if used.

F29 Unsalted walnuts

Add finely ground nuts to pear or yogurt. Inspect for shell fragments; use ground form for younger children.

Ingredient allergen: Tree nut walnut. Shopping approach: Bulk if used.

F30 Plain pumpkin seeds

Finely grind into a dip or sprinkle. Whole seeds require mature chewing skills.

Ingredient allergen: None inherent. Shopping approach: Bulk if used.

F31 Plain potato

Use in soft wedges, snack plates or potato cakes. Cook until soft; peel if needed; chill cooked leftovers promptly.

Ingredient allergen: None inherent. Shopping approach: Value.

F32 Unsweetened applesauce

Spoon beside yogurt or an egg. Choose apples with optional water/cinnamon; no added sweeteners or excluded additives.

Ingredient allergen: None inherent. Shopping approach: Large jar value.



Ordinary foods 33 to 40

Choose plain versions without added sweeteners or excluded ingredients. These are shopping and preparation ideas, not fixed portions. See pages 5 to 7 for individual needs and safe handling.

F33 Plain frozen mixed berries

Thaw for yogurt cups or gently cook into a fruit sauce. Follow package cooking directions; mash or cut after preparation.

Ingredient allergen: None inherent. Shopping approach: Frozen value.

F34 Cassava flour

Use the specified quantity in R05, R12 or R14. Buy commercial food-grade cassava flour, not tapioca starch; cook fully and never taste raw batter.

Ingredient allergen: None inherent. Shopping approach: Small first purchase.

F35 Fine blanched almond flour

Use only in the separate R05 almond formulation. Choose finely ground almonds only; contains tree nuts; refrigerate if directed.

Ingredient allergen: Tree nut almond. Shopping approach: Small first purchase.

F36 Sourdough bread (optional)

Optional thin toast beside egg or avocado; soft potato is a bread-free choice. Check exact ingredients and 0 g added sugar; no excluded oils, gums or emulsifiers. Adjust chewy crust.

Ingredient allergen: Wheat usually; check all ingredients. Shopping approach: Buy small or freeze.

F37 Sprouted bread (optional)

Optional base for a thin approved nut or seed spread. Sprouted does not guarantee Core ingredients or gluten-free status; check label and texture.

Ingredient allergen: Wheat often; soy or sesame may occur. Shopping approach: Buy small or freeze.

F38 Plain green peas

Mash beside potato or add to a familiar savory plate. Cook per package; mash for less confident chewers.

Ingredient allergen: None inherent. Shopping approach: Frozen value.

F39 Zucchini

Serve tender cooked pieces with yogurt dip. Cook soft; cut to suitable size.

Ingredient allergen: None inherent. Shopping approach: Seasonal value.

F40 Plain cottage cheese

Blend smooth for R02 or serve beside soft fruit. Choose pasteurized dairy with no added sweeteners, gums or excluded additives; keep cold.

Ingredient allergen: Milk. Shopping approach: Large tub value.



Packaged choices 1 to 4

Retained from the October 3, 2026 label review. Those labels displayed 0 g added sugar. Recheck current ingredients, allergens and storage; no new lot-specific review is claimed.

P01 That's it Apple + Mango Fruit Bars

Ingredients reviewed: Apples; mangoes.

Pair with a protein food; fresh fruit can fill the same role. Chewy or dry texture; cut/soften as needed and check for pit or stem fragments.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.

P07 Solely Organic Mango Fruit Jerky

Ingredients reviewed: Organic mango.

Pair with a protein food; fresh fruit can fill the same role. Chewy or dry texture; cut/soften as needed and check for pit or stem fragments.

Allergen ingredients: None of the nine listed as ingredients. Displayed package states facility also processes soy and peanuts.

P09 Made In Nature Dried Mangoes

Ingredients reviewed: Organic unsulfured mangoes.

Pair with a protein food; fresh fruit can fill the same role. Chewy or dry texture; cut/soften as needed and check for pit or stem fragments.

Allergen ingredients: None of the nine listed as ingredients. Displayed package states equipment also processes tree nuts, peanuts, milk and soy.

P10 Made In Nature Dried Apricots

Ingredients reviewed: Organic pitted apricots.

Pair with a protein food; fresh fruit can fill the same role. Chewy or dry texture; cut/soften as needed and check for pit or stem fragments.

Allergen ingredients: None of the nine listed as ingredients. Displayed package states equipment also processes tree nuts, peanuts, milk and soy.



Packaged choices 5 to 8

Retained from the October 3, 2026 label review. Those labels displayed 0 g added sugar. Recheck current ingredients, allergens and storage; no new lot-specific review is claimed.

P12 Made In Nature Dried Plums

Ingredients reviewed: Organic pitted prunes.

Pair with a protein food; fresh fruit can fill the same role. Chewy or dry texture; cut/soften as needed and check for pit or stem fragments.

Allergen ingredients: None of the nine listed as ingredients. Displayed package states equipment also processes tree nuts, peanuts, milk and soy.

P13 Made In Nature Dried Pineapple

Ingredients reviewed: Organic pineapple.

Pair with a protein food; fresh fruit can fill the same role. Chewy or dry texture; cut/soften as needed and check for pit or stem fragments.

Allergen ingredients: None of the nine listed as ingredients. Displayed package states equipment also processes tree nuts, peanuts, milk and soy.

P14 Lundberg Family Farms Organic Brown Rice Cakes - Lightly Salted

Ingredients reviewed: Organic brown rice; sea salt.

Add a thin spread or a protein food. Dry crisp texture; replace with soft cooked potato when needed.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.

P15 Lundberg Family Farms Organic Salt-Free Rice Cakes

Ingredients reviewed: Organic brown rice.

Add a thin spread or a protein food. Dry crisp texture; replace with soft cooked potato when needed.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.



Packaged choices 9 to 12

Retained from the October 3, 2026 label review. Those labels displayed 0 g added sugar. Recheck current ingredients, allergens and storage; no new lot-specific review is claimed.

P19 Once Again Creamy Organic Peanut Butter - Unsalted - 16oz Glass Jar

Ingredients reviewed: Organic peanuts.

Use as a thin spread or mix into another food. Spread thinly or dilute into a dip; never serve thick spoonfuls.

Allergen ingredients: Peanut. Check current package and manufacturer for the individual allergy.

P20 Once Again Creamy Organic Almond Butter - Roasted

Ingredients reviewed: Organic almonds.

Use as a thin spread or mix into another food. Spread thinly or dilute into a dip; never serve thick spoonfuls.

Allergen ingredients: Tree nut almond. Check current package and manufacturer for the individual allergy.

P21 Once Again Organic Sesame Tahini

Ingredients reviewed: Organic sesame seeds.

Use as a thin spread or mix into another food. Spread thinly or dilute into a dip; never serve thick spoonfuls.

Allergen ingredients: Sesame. Manufacturer notes facility also processes soy and tree nuts.

P22 LesserEvil Himalayan Pink Salt Organic Popcorn

Ingredients reviewed: Organic popcorn; extra virgin coconut oil; Himalayan salt.

Pair with fruit and another suitable snack component as needed. For older confident chewers only; this guide excludes popcorn for ages 4 to 5.

Allergen ingredients: None of the nine listed as ingredients. Manufacturer reports production in a facility that also uses milk and egg ingredients. Recheck the exact package and follow the child's allergy care plan.



Packaged choices 13 to 16

Retained from the October 3, 2026 label review. Those labels displayed 0 g added sugar. Recheck current ingredients, allergens and storage; no new lot-specific review is claimed.

P23 SunButter Organic Sunflower Seed Butter

Ingredients reviewed: Organic roasted sunflower seeds.

Use as a thin spread or mix into another food. Spread thinly or dilute into a dip; never serve thick spoonfuls.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.

P24 SunButter No Sugar Added Sunflower Seed Butter

Ingredients reviewed: Roasted sunflower seeds; salt.

Use as a thin spread or mix into another food. Spread thinly or dilute into a dip; never serve thick spoonfuls.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.

P25 Smucker's Natural Creamy Peanut Butter

Ingredients reviewed: Peanuts; salt.

Use as a thin spread or mix into another food. Spread thinly or dilute into a dip; never serve thick spoonfuls.

Allergen ingredients: Peanut. Check current package and manufacturer for the individual allergy.

P26 Good Culture Simply Cottage Cheese 2% Milkfat Classic 16 oz

Ingredients reviewed: Skim milk; whole milk; cream; sea salt; live cultures.

Pair with fruit or soft potato. Keep refrigerated and transport cold.

Allergen ingredients: Milk. Check current package and manufacturer for the individual allergy.



Packaged choices 17 to 20

Retained from the October 3, 2026 label review. Those labels displayed 0 g added sugar. Recheck current ingredients, allergens and storage; no new lot-specific review is claimed.

P27 Tillamook Medium Cheddar Portions

Ingredients reviewed: Cultured milk; salt; enzymes; annatto.

Pair with fruit or soft potato. Serve thin pieces or grate for younger children; keep refrigerated.

Allergen ingredients: Milk. Check current package and manufacturer for the individual allergy.

P28 Good Culture Organic Cottage Cheese 4% Milkfat Classic 16 oz

Ingredients reviewed: Organic skim milk; organic whole milk; organic cream; sea salt; live cultures.

Pair with fruit or soft potato. Keep refrigerated and transport cold.

Allergen ingredients: Milk. Check current package and manufacturer for the individual allergy.

P29 GoGo squeeZ Apple Apple Fruit Blend Snack

Ingredients reviewed: Apple; apple puree concentrate; lemon juice concentrate.

Pair with a protein food; fresh fruit can fill the same role. Adult manages cap; transfer to a bowl if useful. Refrigerate after opening per label.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.

P30 Eden Foods Organic Pumpkin Seeds 1 lb

Ingredients reviewed: Organic pumpkin seeds; sea salt.

Sprinkle finely ground seeds into yogurt or a dip. Finely grind for younger children; whole seeds only with mature chewing skills.

Allergen ingredients: None of the nine listed as ingredients. Check current package and manufacturer for the individual allergy.



Quick snacks 1 to 10

Use amounts that fit the child and allow more. Perishables need refrigeration; pack with two cold sources. Bread is optional sourdough or sprouted bread meeting Core. Check all ingredients and school policy.

Combination	How to serve	Allergens to check
1. Banana with plain yogurt	Slice or mash banana; serve fruit separately if preferred.	Milk
2. Soft pear with cheese	Use ripe pear and thin or grated cheese.	Milk
3. Egg with orange	Use a fully cooked chopped egg and prepared orange segments.	Egg
4. Cinnamon apples with cottage cheese	Use R09; blend cottage cheese smooth if preferred.	Milk
5. Strawberry yogurt cup	Use R01 or serve fruit on the side.	Milk
6. Avocado with soft potato	Use prepared soft potato and mashed avocado.	None inherent
7. Mango with yogurt	Cut across fibers; serve separately or mix.	Milk
8. Peach with thin almond spread	Use soft peach and a thin spread or diluted dip.	Almond
9. Blueberry banana yogurt	Use R10; quinoa is optional.	Milk
10. Soft apple with sunflower banana dip	Use R11; check the school policy for any packed version.	Sunflower; check labels



Packable snacks 11 to 20

Use amounts that fit the child and allow more. Perishables need refrigeration; pack with two cold sources. Bread is optional sourdough or sprouted bread meeting Core. Check all ingredients and school policy.

Combination	How to serve	Allergens to check
11. Cheddar egg bites with orange	Use R06; pack chilled with prepared orange.	Egg; milk
12. Potato cheddar cakes with pear	Use R12; cut cakes to suitable pieces.	Egg; milk
13. White bean dip with tender carrot	Use R03; keep dip in a separate container.	None inherent
14. Cottage cheese with soft peach	Pack a spoon; blend cheese if preferred.	Milk
15. Yogurt with prepared frozen berries	Follow berry package cooking instructions; chill before packing.	Milk
16. Chicken with pear	Pack moist cooked chicken shreds with ripe pear.	None inherent
17. Hummus with soft potato	Use R04; tahini is not required.	Sesame only if tahini added
18. Mini pancakes with fruit	Use R05; cool promptly and pack chilled.	Egg; almond if almond version
19. Rice cake with avocado and chicken	Pack separately; replace dry rice cake with soft potato if needed.	None inherent
20. Egg with applesauce	Use a fully cooked chopped egg and unsweetened applesauce.	Egg



Substantial snacks 21 to 30

Use amounts that fit the child and allow more. Perishables need refrigeration; pack with two cold sources. Bread is optional sourdough or sprouted bread meeting Core. Check all ingredients and school policy.

Combination	How to serve	Allergens to check
21. Chicken avocado potato plate	Use R13; increase the amount offered to appetite.	None inherent
22. Salmon potato cakes with yogurt dip	Use R14 and plain yogurt; serve dip separately.	Fish; egg; milk
23. Egg rice vegetable bowl	Use fully cooked egg, soft rice and tender vegetables.	Egg
24. Sweet potato with lentils	Use R15; components may stay separate.	None inherent
25. Cheddar egg bites with potato	Use R06 plus soft potato and fruit if wanted.	Egg; milk
26. Potato cheddar cakes with chicken	Use R12 with moist shredded chicken.	Egg; milk
27. Optional sourdough with mashed egg	Check Core bread ingredients; soft potato is the bread-free option.	Egg; wheat usually; check bread
28. Optional sprouted bread with thin peanut butter	Check ingredients; serve soft fruit. Use R11 with fruit if bread is unwanted.	Peanut; wheat often; soy/sesame possible
29. Optional tofu with rice and vegetables	Use plain cooked tofu and familiar soft vegetables.	Soy
30. Hummus potato chicken plate	Serve mild hummus, soft potato and moist chicken separately.	Sesame only if tahini added



Recipes 1 and 2

Original recipes; not kitchen tested. All yields and times are estimates. Flour changes are not one-for-one swaps. Adjust texture and portions to the child; see page 49 for practical use.

R01 Strawberry cream yogurt cups

2 small cups | Estimated 5 minutes

Ingredients: 1 cup plain pasteurized yogurt; 1/2 cup ripe strawberries, washed and mashed; pinch of cinnamon (optional).

1. Stir the yogurt and cinnamon together.
2. Divide between two bowls and add the chopped berries.
3. Adjust fruit texture to the child; offer more food if still hungry.

Allergens: Milk. Storage: Cover and refrigerate; use within 2 days.

Serve separately: fruit beside yogurt. Bigger snack: add an egg. Needs refrigeration.

R02 Cinnamon pear cream

2 small bowls | Estimated 5 minutes

Ingredients: 1 cup plain Core cottage cheese; 1 soft ripe pear, cored and finely chopped; 1/4 teaspoon cinnamon.

1. Blend cottage cheese smooth if preferred.
2. Fold in finely chopped soft pear and cinnamon, or serve pear separately.
3. Divide between two bowls; adjust texture to the child.

Allergens: Milk. Storage: Cover and refrigerate; use within 2 days.

Variation: use the same amount of plain yogurt. Bigger snack: add soft potato. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 3 and 4

R03 Creamy white bean dip

About 1 1/2 cups | Estimated 10 minutes

Ingredients: 1 can (15 oz) white beans, drained and rinsed; 1 tablespoon olive oil; 1 teaspoon lemon juice, with more to taste; 2 to 4 tablespoons water; pinch of garlic powder (optional).

1. Blend beans, oil and lemon; add garlic only if wanted.
2. Add water gradually until smooth and spreadable.
3. Serve with tender carrot or soft potato wedges; keep the dip separate if preferred.

Allergens: None inherent; check packaged ingredients. Storage: Cover and refrigerate; use within 3 days.

Optional bread: sourdough or sprouted bread meeting Core, with allergens checked. Needs refrigeration.

R04 Mild chickpea hummus

About 1 1/2 cups | Estimated 10 minutes

Ingredients: 1 can (15 oz) chickpeas, drained and rinsed; 1 tablespoon olive oil; 1 teaspoon lemon juice, with more to taste; 3 to 5 tablespoons water; pinch of cumin (optional).

1. Blend all ingredients except half the water.
2. Add remaining water as needed for a smooth texture.
3. Taste and adjust lemon. This version contains no tahini.

Allergens: None inherent; check packaged ingredients. Storage: Cover and refrigerate; use within 3 days.

Serve separately: dip beside tender pepper or soft rice; tahini is not required. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 5 and 6

R05 Banana cinnamon mini pancakes

About 8 small pancakes | Estimated 10 min active / 25 min total

Ingredients: 1/2 cup mashed ripe banana (about 1 medium); 2 large eggs; 1/4 cup (35 g) cassava flour; 1/4 teaspoon cinnamon (optional); 1 teaspoon olive oil for the pan.

1. Whisk banana and eggs; stir in cassava flour and cinnamon. Rest 5 minutes. Do not taste raw batter.
2. Lightly oil a nonstick pan over medium-low heat. Make thin, 3-inch pancakes using about 2 tablespoons batter each.
3. Cook about 2 to 3 minutes per side until set, with no wet flour center and an internal temperature of at least 160 F. Lower heat if browning too quickly.

Allergens: Egg; almond in the almond variation. Storage: Refrigerate promptly; use within 3 days. Reheat leftovers to 165 F.

Almond version: use 1/2 cup (48 g) fine blanched almond flour, 1/2 cup mashed banana and 2 eggs, plus the same cinnamon and pan oil. Use the same method; handle gently. Both formulations need kitchen testing. Serve fruit beside them. Needs refrigeration.

R06 Cheddar egg bites

6 standard muffin cups | Estimated 30 minutes

Ingredients: 4 eggs; 1/4 cup grated cheddar; 2 tablespoons milk; 1 teaspoon olive oil for tin.

1. Heat oven to 350 F. Oil six muffin wells.
2. Whisk eggs and milk, then mix in cheese. Divide among six greased muffin wells.
3. Bake at 350 F about 15 to 20 minutes until centers reach 160 F; use 165 F if adding previously cooked broccoli. Cool before serving.

Allergens: Egg; milk. Storage: Refrigerate promptly; use within 3 days. Reheat leftovers to 165 F.

Optional: add 1/4 cup finely chopped cooked broccoli before baking, or serve it separately. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 7 and 8

R07 Warm cinnamon sweet potato cups

2 small bowls | Estimated 10 minutes using cooked potato

Ingredients: 1 medium sweet potato, already cooked until soft; 1/2 cup plain yogurt; 1/4 teaspoon cinnamon.

1. If using refrigerated potato, reheat to 165 F, then allow to cool to a comfortable eating temperature.
2. Mash the flesh and divide into bowls.
3. Add yogurt and cinnamon just before eating.

Allergens: Milk. Storage: Store components separately in the refrigerator; use within 3 days.

Serve separately: soft sweet potato wedges with yogurt dip. Add lentils for a savory option. Needs refrigeration.

R08 Creamy avocado dip

About 1/2 to 3/4 cup | Estimated 10 minutes

Ingredients: 1 ripe avocado; 1 teaspoon lemon juice; 1 tablespoon water as needed.

1. Mash avocado with lemon until smooth.
2. Thin with water as needed.
3. Serve beside soft potato or tender vegetables.

Allergens: None inherent; check packaged ingredients. Storage: Cover and refrigerate; use within 1 day. Browning may affect appearance.

Optional: blend in 1/2 cup cooked white beans. Tell children what is included; no hidden ingredients. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 9 and 10

R09 Soft cinnamon apples

About 1 cup | Estimated 20 minutes

Ingredients: 2 medium apples, peeled, cored and diced; 1/4 cup water; 1/4 teaspoon cinnamon.

1. Place apples, water and cinnamon in a small covered pan.
2. Simmer gently for 12 to 15 minutes, stirring and adding a splash of water if needed.
3. Mash until the texture suits the child and cool before serving.

Allergens: None inherent. Storage: Cover and refrigerate; use within 3 days.

Keep soft pieces or mash smooth. Serve beside yogurt or cottage cheese. Needs refrigeration.

R10 Blueberry banana yogurt cups

2 small cups | Estimated 5 min assembly

Ingredients: 3/4 cup plain yogurt; 1/2 ripe banana, mashed; 1/2 cup blueberries, washed and mashed.

1. Stir banana into yogurt.
2. Fold in mashed berries or serve fruit separately.
3. Divide between two cups and keep cold.

Allergens: Milk. Storage: Refrigerate promptly; use within 2 days.

Optional: stir in 2 tablespoons cooked, chilled quinoa per cup; use within the oldest ingredient storage limit. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 11 and 12

R11 Banana sunflower dip

About 3/4 cup | Estimated 5 minutes

Ingredients: 1 ripe banana; 2 tablespoons No Sugar Added or Organic SunButter; 2 to 3 tablespoons water.

1. Mash banana until smooth.
2. Whisk in sunflower butter and enough water to make a loose dip.
3. Serve as a loose dip beside soft cooked apple; never offer thick spoonfuls of seed butter.

Allergens: Sunflower seed can cause allergy despite not being a major labeled allergen. Storage: Cover and refrigerate; use within 1 day.

Variation: 2 tablespoons smooth peanut or almond butter instead of sunflower butter; adds peanut or almond allergen. School policy must permit every ingredient. Needs refrigeration.

R12 Mini potato cheddar cakes

About 6 small cakes | Estimated 15 min active / 25 min total using cooked potato

Ingredients: 1 cup plain cooked mashed potato, cooled; 1 egg; 1/4 cup finely grated cheddar; 1 tablespoon (9 g) cassava flour; 2 teaspoons olive oil for pan.

1. Mix potato, egg, cheese and cassava flour. Rest 5 minutes; do not taste the uncooked mixture.
2. Heat oil in a nonstick pan over medium-low heat. Spoon six small mounds and flatten to about 1/2 inch thick.
3. Cook about 3 to 4 minutes per side until set and centers reach 165 F. Cool, then cut or mash to suit.

Allergens: Egg; milk. Storage: Refrigerate promptly; use within 3 days. Reheat leftovers to 165 F.

Optional: add 2 tablespoons finely chopped cooked broccoli, or serve it beside the cakes. Formulation needs kitchen testing. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 13 and 14

R13 Chicken avocado snack plate

2 small plates | Estimated 10 minutes using cooked chicken

Ingredients: 1/2 cup fully cooked chicken, finely shredded; 1/2 ripe avocado; 1/2 cup cooked soft potato, cut into small pieces; 1 teaspoon lemon juice.

1. Mash avocado with lemon.
2. Serve moist chicken, avocado and potato separately, or combine if preferred.
3. Use safely chilled ingredients, or reheat chicken and potato to 165 F before cooling slightly and adding avocado.

Allergens: None inherent; check chicken seasoning. Storage: Keep refrigerated; use within 1 day and within the original chicken storage limit.

Variation: replace potato with 1/2 cup cooked white or brown rice. Add fruit or tender vegetables to appetite. Needs refrigeration.

R14 Mild salmon potato cakes

6 small cakes | Estimated 25 minutes

Ingredients: 1 cup cooked mashed potato, cooled; 1 can (5 oz) salmon, drained and carefully checked for bones; 1 egg; 1 tablespoon (9 g) cassava flour; 2 teaspoons olive oil for pan.

1. Mix potato, flaked salmon, egg and cassava flour; rest 5 minutes. Form six thin cakes; do not taste raw mixture.
2. Heat oil over medium-low heat. Cook about 3 to 4 minutes per side.
3. Cook centers to 165 F because this recipe combines previously cooked potato with egg and fish. Break into suitable pieces after cooling.

Allergens: Fish; egg. Storage: Refrigerate promptly; use within 3 days. Reheat leftovers to 165 F.

Optional: plain yogurt dip (adds milk), with dill only if liked. Formulation needs kitchen testing. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Recipes 15 and 16

R15 Sweet potato and lentil bowl

About 1 1/2 cups | Estimated 10 minutes using cooked ingredients

Ingredients: 1 cup cooked soft sweet potato flesh; 1/2 cup cooked lentils; 1 teaspoon olive oil; 2 tablespoons water as needed.

1. Offer soft lentils beside sweet potato, or mash together if preferred.
2. Add olive oil and water to loosen the texture.
3. If using refrigerated leftovers, heat to 165 F and cool to a comfortable serving temperature.

Allergens: None inherent. Storage: Cover and refrigerate promptly; use within 3 days.

Keep components separate or serve with suitable fruit. Allow more to appetite. Needs refrigeration.

R16 Creamy cucumber yogurt dip

About 1 cup | Estimated 10 minutes

Ingredients: 3/4 cup plain yogurt; 1/4 cup peeled, finely grated cucumber, gently squeezed; 1 teaspoon lemon juice (optional); 1 teaspoon chopped fresh dill (optional).

1. Mix all ingredients in a bowl.
2. Refrigerate until needed.
3. Serve with tender vegetables or use as a spread.

Allergens: Milk. Storage: Cover and refrigerate; use within 2 days.

Plain version: omit cucumber, lemon and dill. Serve beside egg or soft potato; optional Core sourdough or sprouted bread adds label-specific allergens. Needs refrigeration.

Use the safety rules on page 7. Storage limits start with the oldest perishable ingredient; mixing a new recipe does not restart them. Substitutions may change texture, cooking time and allergens. Sources S06 and S09.



Tool 1 The label check card

Use this card on the exact package in your hand. A similar flavor or size may use a different formula.

Question	Yes or no
Does the Nutrition Facts panel show 0 g added sugar?	_____
Does the ingredient list fit every Core exclusion on page 3?	_____
Are the oils and flavors clearly identified?	_____
Have I checked this child's allergies and cross-contact needs?	_____
Is the texture appropriate for this child?	_____
Can I store and transport it correctly?	_____
Does it serve a useful role at a price we will use?	_____

If the ingredient information is unclear, leave the product outside Core until clarified. If allergy or texture suitability is uncertain, choose an established safe alternative for that child.

My label notes

Brand and exact product _____

Flavor and size _____

Date checked _____

Ingredient or safety question _____

Decision and alternative _____



Tool 2 Build a snack

Choose one starting food. Add another component when the gap to the next meal, appetite or activity calls for more.

Start with	Consider pairing with	Example
Fruit	Plain dairy, egg or a thin nut/seed spread	Ripe pear with cottage cheese
Vegetables	Bean dip, yogurt dip or another protein food	Tender carrot with white bean dip
Potato, sweet potato or rice	Egg, dairy, beans, chicken or fish	Soft potato with chicken
Packaged fruit	A protein food when more food is needed	Fruit pouch with chopped egg

Before serving

- Choose the amount based on the child, not a calorie rule.
- Prepare texture and check allergens.
- Make water available.
- Keep perishable components cold until eating.

Three combinations we can repeat

1 _____

2 _____

3 _____

Our dependable backup _____



Tool 3 School and travel checklist

Before leaving	Checked
School food and allergy policy checked	_____
Exact package label checked for this child	_____
Suitable texture and easy-to-open container	_____
Perishables cold, with insulated bag and two cold sources	_____
Water and needed utensils packed	_____
Pouch caps managed by an adult for younger children	_____
Seated eating break planned	_____
Backup food and expected next meal considered	_____

Pack a familiar combination

Today's snack _____

Where it will be stored _____

Time it will be eaten _____

If plans change, our backup is _____

For food allergy, follow the child's emergency plan and carry prescribed medication as directed. For perishable food, use the time and temperature limits on page 7.



Tool 4 A week of snacks

Plan one reliable snack opportunity each day. Add other food opportunities to fit the child; this is not a limit of one snack per day.

Day	Snack we plan	Preparation or cold storage	What worked
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Preparation appointments

One batch recipe _____

Day and time _____

Produce to wash or cook _____

Food to use first _____

What I will repeat next week _____



Tool 5 Pantry and shopping sheet

Check what is already available before buying. Choose a few foods you can use in more than one combination.

Category	Already have	Buy or prepare
Fruit		
Vegetables		
Eggs, dairy or other protein foods		
Beans, lentils, tofu or edamame		
Potato, sweet potato or rice		
Nut or seed spread if suitable		
One packaged backup		
Containers and cold packs if needed		

One practical shopping rule

A product we will buy in a small trial size _____

A bulk item we reliably finish _____

A food we can prepare once and use twice _____

Estimated spending limit for this trip _____

Use school and allergy rules before choosing a spread or snack backup.



Your first fourteen days Week 1

Make the first week easy enough to repeat. The goal is a useful household routine, not a perfect pantry.

Day	Action	What to do
1	Choose the difficult snack moment	Write down when, where and why it is difficult.
2	Check the pantry	Keep accepted foods; identify three ingredients already available.
3	Choose one familiar pairing	Try banana with plain yogurt or another suitable combination.
4	Read one label together	Compare ingredients and added sugars without judging the child's usual choice.
5	Prepare one recipe	Make white bean dip or apple compote in a small batch.
6	Practice packing	Use the actual container, timing and cold sources.
7	Review what got eaten	Keep useful choices; reduce the quantity of foods that went unused.

Our notes

The easiest change _____

The change that needs adjusting _____

What our child wants to keep _____



Your first fourteen days Week 2

Use what worked in week one. Add one new choice only when it makes the routine easier or more varied.

Day	Action	What to do
8	Repeat the easiest combination	Let the child choose between two suitable fruits.
9	Offer one new texture gently	Serve a small amount next to a familiar food.
10	Prepare a second recipe	Choose a different type, such as an egg cup or a bean spread.
11	Plan for the longest day	Check the gap between lunch, activity and dinner.
12	Compare value	Use package price, usable quantity and waste to choose the next purchase.
13	Let the child help	Assign a realistic preparation or packing task.
14	Choose the ongoing routine	Keep three combinations, one batch recipe and one backup.

Our notes

The easiest change _____

The change that needs adjusting _____

What our child wants to keep _____



Evidence and reading

Primary sources reviewed for this edition. They support the topics noted here; they do not endorse the named products or all of the guide's editorial ingredient exclusions.

S01 USDA MyPlate. Healthy Snacking With MyPlate.

<https://www.myplate.gov/sites/default/files/2024-06/TipSheet-12-Healthy-Snacking-With-MyPlate.pdf>

Food groups and practical snack pairings. No universal portion or protein target is assigned.

S02 FDA. Added Sugars on the Nutrition Facts Label.

<https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label>

Distinguishes total and added sugars; naturally occurring fruit and milk sugars.

S03 American Academy of Pediatrics. Choking Prevention for Babies and Children.

<https://www.healthychildren.org/English/health-issues/injuries-emergencies/pages/Choking-Prevention.aspx>

Texture and developmental readiness; seated, supervised eating.

S04 FDA. Food Allergies What You Need to Know.

<https://www.fda.gov/food/buy-store-serve-safe-food/food-allergies-what-you-need-know>

Nine major allergens, label review and emergency planning.

S05 USDA FSIS. Keeping Bag Lunches Safe.

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe>

Insulated bags, at least two cold sources and temperature control.



Food safety and feeding references

Primary sources reviewed for this edition. They support the topics noted here; they do not endorse the named products or all of the guide's editorial ingredient exclusions.

S06 USDA FSIS. Safe Minimum Internal Temperature Chart.

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

Egg dishes 160 F, poultry and leftovers 165 F, fish 145 F.

S07 American Academy of Pediatrics. How do I help my picky eater try more healthy foods.

<https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/How-Do-I-Help-My-Picky-Eater-Try-More-Foods.aspx>

Low-pressure exposure and structured eating opportunities.

S08 American Academy of Pediatrics. Choose Water for Healthy Hydration.

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choose-Water-for-Healthy-Hydration.aspx>

Water as the everyday beverage.

S09 USDA FSIS. Leftovers and Food Safety.

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Prompt chilling, short refrigerated storage and safe reheating.



Verification and product updates

Primary sources reviewed for this edition. They support the topics noted here; they do not endorse the named products or all of the guide's editorial ingredient exclusions.

S14 USDA FSIS. How do you keep a bag lunch safe.

<https://ask.fsis.usda.gov/article/How-do-you-keep-a-bag-lunch-safe>

Accessible companion to S05; two cold sources and perishable-food packing.

S15 FoodSafety.gov. Safe Minimum Internal Temperatures.

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

Federal chart for poultry, egg dishes, fish and reheated leftovers.

S16 FoodSafety.gov. Cold Food Storage Chart.

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

Refrigerator and freezer storage categories; supports conservative recipe windows.

S17 FDA. Recalls Market Withdrawals and Safety Alerts.

<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>

Search exact brand, product and lot. A source review does not certify a purchased package.



Product references 1 to 10

Manufacturer evidence retained from October 3, 2026. These are reference links, not affiliate purchase links. Check the current exact package.

P01 That's it Apple + Mango Fruit Bars

<https://www.thatsitfruit.com/products/apple-mango>

P07 Solely Organic Mango Fruit Jerky

<https://solely.com/products/organic-mango-fruit-jerky>

P09 Made In Nature Dried Mangoes

<https://www.madeinnature.com/products/mangoes-dried-fruit>

P10 Made In Nature Dried Apricots

<https://www.madeinnature.com/products/apricots-dried-fruit>

P12 Made In Nature Dried Plums

<https://www.madeinnature.com/products/plums>

P13 Made In Nature Dried Pineapple

<https://www.madeinnature.com/products/pineapple-dried-fruit>

P14 Lundberg Family Farms Organic Brown Rice Cakes - Lightly Salted

<https://www.lundberg.com/products/organic-brown-rice-cake-lightly-salted>

P15 Lundberg Family Farms Organic Salt-Free Rice Cakes

<https://www.lundberg.com/products/organic-brown-rice-cake-salt-free>

P19 Once Again Creamy Organic Peanut Butter - Unsalted - 16oz Glass Jar

<https://www.onceagainnutbutter.com/products/once-again-organic-creamy-peanut-butter-no-salt-16-oz>

P20 Once Again Creamy Organic Almond Butter - Roasted

<https://www.onceagainnutbutter.com/products/once-again-organic-creamy-almond-butter-16-oz>



Product references 11 to 20

Manufacturer evidence retained from October 3, 2026. These are reference links, not affiliate purchase links. Check the current exact package.

P21 Once Again Organic Sesame Tahini

<https://www.onceagainnutbutter.com/products/once-again-organic-sesame-tahini-16-oz>

P22 LesserEvil Himalayan Pink Salt Organic Popcorn

<https://www.lesserevil.com/products/himalayan-pink-salt-organic-popcorn>

P23 SunButter Organic Sunflower Seed Butter

<https://sunbutter.com/products/organic-sunbutter-sunflower-butter>

P24 SunButter No Sugar Added Sunflower Seed Butter

<https://sunbutter.com/products/no-sugar-added-sunbutter%C2%AE-sunflower-butter>

P25 Smucker's Natural Creamy Peanut Butter

<https://www.smuckers.com/peanut-butter/natural/natural-creamy-peanut-butter>

P26 Good Culture Simply Cottage Cheese 2% Milkfat Classic 16 oz

<https://goodculture.com/product/simply-cottage-cheese-16-oz-lowfat-classic/>

P27 Tillamook Medium Cheddar Portions

<https://www.tillamook.com/products/cheese/medium-cheddar-portions>

P28 Good Culture Organic Cottage Cheese 4% Milkfat Classic 16 oz

<https://goodculture.com/product/organic-cottage-cheese-16-oz-whole-milk-classic/>

P29 GoGo squeeZ Apple Apple Fruit Blend Snack

<https://gogosqueez.com/products/gogo-squeez-48-pack-apple-apple/>

P30 Eden Foods Organic Pumpkin Seeds 1 lb

<https://store.edenfoods.com/pumpkin-seeds-organic-1-lb/>



Make these recipes work for your family

A small starting routine

Choose three dependable combinations, prepare one batch recipe, and keep one backup. Repeat eggs, yogurt, fruit and potatoes across the week. Specialty flours are optional purchases; most choices need none.

Choose the texture and flavor

Serve components separately when preferred. Keep garlic, dill, cumin and lemon optional where specified. Children can help stir, choose or pack without pressure to taste. For teens, increase the amount or add another component to appetite.

Read the recipe labels

Assembly means ingredients are already cooked or ready to eat. All times are estimates, not measured trials. All prepared recipes need refrigeration. Nut and dairy alternatives change allergens; school permission still applies. Most soft foods can be mashed further to suit chewing ability.

Flour and bread choices

Cassava flour is not tapioca starch. Use commercial food-grade flour and cook fully. The almond pancake formulation uses a different quantity and adds a tree-nut allergen. Do not taste raw flour or egg batter. Optional bread means sourdough or sprouted bread with a qualifying label; ordinary potatoes are a bread-free option.

Recipe development notes

These formulations have not been kitchen tested. Yield, taste, texture and reheating quality are not verified. The two pancake versions and both potato-cake recipes particularly need physical trials before any tested or child-approved claim. Source S19 and S20 provide culinary background, not validation of these recipes.

S19 King Arthur Baking: Almond flour 101. <https://www.kingarthurbaking.com/blog/2021/01/11/almond-flour-guide-gluten-free-baking>

S20 Otto's Naturals: Grain free pancakes. <https://www.ottosnaturals.com/blogs/recipes/grain-free-pancakes>



About Ryan and your next step

Ryan J. Kime, MD, MBA, CHN, is a holistic nutritionist and health educator with 20 years of experience in emergency medicine. Through Ryan Kime Health Advisory, he helps people turn health information into practical daily habits. He is not practicing medicine through this guide.

Keep the next step practical

Choose one combination, write it on the weekly planner, and keep the guide nearby. Recheck labels when repurchasing. Add a new recipe when your household is ready to try it.

This resource provides general education for parents and caregivers. It does not diagnose, treat or prevent disease, create a physician-patient relationship, or replace individual advice from your child's healthcare team. Children with special dietary or feeding needs may need a different approach.

How the shortlist was built

The research record contains 253 candidate products screened by category and format. The 20 retained packaged choices received selected label review on October 3, 2026. This edition adds ordinary choices for a total of 40. No new lot-specific review is claimed. Distinct flavors count as separate choices; they are not separate nutrition categories. This is a curated reference, not a systematic review of every snack on the market.

Product selection and commercial relationships

The foods were selected for the stated criteria and practical use. Inclusion does not mean Ryan has personally used or taste-tested every product. Manufacturer statements were checked where available; no independent food testing was performed.

This guide contains no Amazon affiliate purchase links. A separate Ryan's Open Shelf page may offer qualifying affiliate links with a clear disclosure. Buying through that page is optional; ordinary grocery-store alternatives can serve the same roles.

For parents and caregivers

Ryan's Open Shelf brings selected resources together for convenient browsing. Review the product, price and disclosure before purchasing; your local grocery store may offer an equally useful choice.

For support with your own daily health habits, ask Ryan Kime Health Advisory about current workshops or a Health Foundations Session. These adult education offers are separate from your child's individual healthcare needs.

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Ryan Kime Health Advisory

