**T.R.A.I.L. Grant Pre-Approved Foods for Healthy Snacks**

The following resource is a list of pre-approved foods that can be purchased with T.R.A.I.L. grant funds for Healthy Snacks. Given that not all foods can be catalogued into a single list this resource is informed by Native dietary and nutritional information from the Indian Health Service (IHS) as well as USDA Food distribution procedures.

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| **Fruits**All fresh, dried, or frozen fruits and 100% fruit juices are acceptable purchases. Fruit cups that do not contain high fructose corn syrup are also acceptable. Fruits that have been traditionally cultivated by your community are especially encouraged. | **Vegetables**All fresh, canned or frozen vegetables are acceptable purchases (including beans and legumes). Vegetables that have been traditionally cultivated by your community are especially encouraged. |
| **Grains / Starch**Whole wheat grains including breadsTortillasWhole grain pasta Brown riceQuinoaWild riceMilletSorghumHot and cold unsweetened whole-grain breakfast cerealsWhole grain or whole wheat crackersPretzelsGranola bars that do not include chocolate | **Meat / Proteins**Sunflower kernelsNut buttersWhole or ground lean meat and poultry (At least 90% lean)Lunch meats except bologna (preferably all-natural, nitrate-free, low-fat)BuffaloReindeerGame meatFishEggsBeansAny meat that is traditionally eaten by the local Native community including locally produced sausages.No commercially processed meats (including hotdogs, bacon, sausage, spam), except lunchmeats as outlined above. |
| **Dairy**Any Dairy product (except ice creams and other frozen desserts)Cottage CheeseAlmond milkSoy milkCoconut milkCheese (in moderate amounts) – preferably cheese that is not processed, such as craft American singles or Velveeta.Yogurt (preferably low-sugar options) | **Miscellaneous**Baked chipsSauces and salad dressings (in moderation)VinegarOil based dressings (in moderation)Butter (in moderation)Extra Virgin Olive Oil (in moderation)GuacamoleSalsaHummus Mayonnaise (In moderation)Tartar sauce and sour cream (in moderation)MustardKetchupPicklesWaterHoney |