**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 breads  Tortillas  Whole grain pasta  Brown rice  Quinoa  Wild rice  Millet  Sorghum  Hot and cold unsweetened whole-grain breakfast cereals  Whole grain or whole wheat crackers  Pretzels  Granola bars that do not include chocolate | **Meat / Proteins**  Sunflower kernels  Nut butters  Whole or ground lean meat and poultry (At least 90% lean)  Lunch meats except bologna (preferably all-natural, nitrate-free, low-fat)  Buffalo  Reindeer  Game meat  Fish  Eggs  Beans  Any 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 Cheese  Almond milk  Soy milk  Coconut milk  Cheese (in moderate amounts) – preferably cheese that is not processed, such as craft American singles or Velveeta.  Yogurt (preferably low-sugar options) | **Miscellaneous**  Baked chips  Sauces and salad dressings (in moderation)  Vinegar  Oil based dressings (in moderation)  Butter (in moderation)  Extra Virgin Olive Oil (in moderation)  Guacamole  Salsa  Hummus  Mayonnaise (In moderation)  Tartar sauce and sour cream (in moderation)  Mustard  Ketchup  Pickles  Water  Honey |