

Packaged Snack Labels

TOPICS

- Reading Labels
- Healthy Snack Options
- Identifying Whole Grains
- Identifying types of fat
- Comparing convenience food labels

Every Cooking Matters coordinator will have the following packaged snack labels with them for lesson three. They can also be brought to any lesson upon request ahead of time by the volunteer. They are meant to be used to enhance the lesson on understanding nutrition facts labels and snack options.

Please see the [Packaged Snack Labels](#) page if you wish to review any of these resources.

Food Labels

- Peanut Butter Cups
- Raisins
- Apple Sauce Squeeze Pouch
- Ice Cream
- Cheese Crackers
- Fish Crackers made with Whole Grain
- Chocolate Chip Cookies
- Strawberry Toaster Pastry
- Pretzels
- Fruit Snacks
- Crunchy Cheese Flavored Snacks
- Potato Chips
- Snack Cakes
- Peanut Butter Chocolate Chip Granola Bar
- Graham Crackers
- Tortilla Chips