

Healthy Office Snacks

Healthy, tasty options for stocking your desk drawer and breakroom fridge

Pantry snacks

- Bag of almonds
- Pureed fruit cups (such as apple sauce or spoon-free apple sauce packs)
- Mixed fruit cups (in their own juice or water)
- Mini peanut butter servings or jar of peanut butter
- Granola bars (100-200 calories and 2+ grams of fiber/bar)
- Oatmeal packs
- Whole grain peanut butter crackers
- Homemade trail mix: raisins, dried cranberries, ¼ cup unsalted nuts (almonds, walnuts) and your favorite crunchy whole grain cereal (corn bran oat squares, multi-grain cheerios, etc.)

Refrigerated snacks

- Yogurt cups
- Cheese sticks
- Baby carrots and sample-size salad dressings for dipping
- Turkey slices

Other helpful items to have on hand

- Box of plastic spoons
- Napkins
- Snack-size resealable bags
- Stickers (to label fridge items if needed)



Find more healthy living resources online:

uab.edu/wellness

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The University of Alabama at Birmingham