

On Target Living Brand Favorites for *Kids*

Water & Beverages

- Spring or Artesian bottled water
- San Pelligrino, Perrier or Nateczowianka naturally carbonated mineral water
- Organic almond, rice, oat or soy milk
- R.W. Knudsen organic juices
- Glaceu Vitamin Water, Smart Water (performance drinks)

Healthy Fats

- Carlson's lemon favored or Nordic Naturals peach flavored Cod Liver Oil
- Barlean's Kids DHA fruit punch flavor cod liver oil
- Barlean's regular or lemonade flavor flaxseed oil
- Carlson's Flaxseed oil
- Bulk or Bob's Red Mill organic golden flaxseeds
- Nutiva Extra Virgin Organic Coconut Oil

Snack Foods

- KIND, Raw Organic Food Bars, Larabar, PURE Bar
- Annie's Cheddar Bunnies; Bunny Fruit Snacks
- Kashi TLC, Ryvita Fruit Crunch, Wasa, Kavli crackers
- Terra Chips, Kettle Chips, Garden of Eatin Tortilla Chips
- Kashi Oatmeal Dark Chocolate cookies, Newman's O's cookies
- Cascadian Farms or Polaner organic all fruit spreads
- Fruita Bu (smooshed apple or grape) fruit strips
- Kim & Scotts Gourmet frozen pretzels (pizza or apple cinnamon)
- Yokids Squeezers (frozen organic lowfat yogurt)
- Stoneyfield Farm organic yogurt
- Fruitfull frozen fruit popsicles
- Health Valley or Nature's Path Toaster Tarts
- Crema peanut butter
- Arrowhead Mills organic almond or peanut butter
- Let's Do Organic Ice Cream Cones (cake & sugar)

Bread & Buns

- Rudi's Organic Wheat & Oat or 7 Grain with Flax (there are many more brands that have no trans fats or high fructose corn syrup, just read the labels and experiment to find your favorites)

Cereal

- Mother's (Peanut Butter Bumpers)
- Arrowhead Mills (bite-sized shredded wheat)
- Barbara's
- Cascadian Farms
- Kashi
- 100% rolled oats

Frozen Food

- Amy's or Kashi frozen pizza
- Amy's frozen dinners
- Amy's Mac & Cheese (frozen or boxed)
- Amy's Burritos
- Van's frozen waffles
- Alexia All Natural Waffle Fries

Dressings & Condiments

- Annie's, Cindy's Kitchen, Seeds of Change salad dressings
- Muir Glen, Annie's, or Woodstock Farms ketchup
- Annie's mustards
- Earth Balance butter flavored spread
- Organic ground cinnamon (good for you and most kids like the taste)

Misc

- Muir Glen, Walnut Acres, or Amy's pasta sauces
- Natural Sea Tongal no salt added canned tuna
- Wild Catch canned salmon
- Applegate Farms deli meat
- Phil's or Grazing Fields eggs (or farm fresh)
- Amy's, Muir Glen, and Walnut Acres canned soups
- Spectrum Organic Olive Oil
- Olive Oil Mayonnaise
- Garden of Eatin Blue Corn Taco Shells

