

SAM'S CLUB HEALTHY SNACK LIST

Here are a few ideas for healthy concession snacks that are available at Sam's Club in Appleton. The prices are as of August 2004:

PRODUCT	PACK SIZE	COST	\$ PER SVG
1. Bagel Energy Bars	12 each	3.82	.32
2. Frigo String Cheese	48 each	9.27	.19
3. SF Jello Cups	18 each	5.76	.32
4. Go-Gurt	32 each	7.34	.23
5. Yoplait Lite	15 each	6.87	.46
6. Propel Water	24 each	12.88	.46
7. Lite Canned Fruit	24/4 oz	7.28	.30
8. Fruited Jello	16 each	5.88	.37
9. Motts Applesauce	30/4 oz	6.88	.23
10. V8 Juice, 12 oz	24 each	11.28	.47
11. V8 Juice, 5 oz.	48 each	16.76	.35
12. Tropicana 100% Juice	24, 10 oz	12.42	.52
13. Tropicana 100% Apple	24, 10 oz.	9.86	.41
14. Chewy Granola Bar	48 each	8.13	.17
15. Special K Bar	25 each	6.86	.27
16. Fruit/Oatmeal Bar	32 each	6.88	.22
17. Sunkist Fruit/Grain Bar	32 each	6.86	.21
18. Granola Bar, Crunchy	35 pkgs	7.66	.22
19. Nutrigrain Bar	48 each	9.77	.20
20. Quaker Brkfst Square	18 each	6.88	.38
21. PopSecret 94% FF	24 pkgs	6.74	.28
22. Zooanimal Crackers	32 pkgs	5.87	.18
23. Breadsticks and Cheese	30 each	6.68	.22
24. Snyder Pretzels	30 each	5.72	.19
25. Chex Mix	36/1.74 oz	8.74	.24
26. Roll Gold Pretzel	44 each	8.78	.20
27. Fruit/Oatmeal Bites	20 each	6.88	.34

<u>PRODUCT</u>	<u>PACK SIZE</u>	<u>COST</u>	<u>\$ PER SVG</u>
28. Beef Jerky	6/pkg/2 oz	7.86	1.31
29. Salted Peanuts	48/1 oz	7.83	.16
30. Sunflower Seed/Shell	24/1.75 oz	6.87	.29
31. Kars Sweet/Salty Mix	24/2 oz.	5.88	.25