

Create a Wrap

1 Choose one



Bread



Bun or Roll



Tortilla

Other Ideas

Whole grain bagel or Pita

2 Choose one or more



Peanut Butter



Sliced deli meat



Refried Beans



Sliced or grated cheese

Other Ideas

Hard boiled or scrambled egg

3 Choose one or more

VEGETABLES



Lettuce



Shredded Carrots



Sliced Cucumbers



Sliced Onion

Other Ideas

Olives Pickles Avocado Sweet peppers Tomato

FRUITS



Sliced Apples



Sliced Pear



Grapes



Craisins

Other Ideas

Raisins Bananas

4 Choose one or more



Low-fat Mayonnaise



Ketchup



Honey



Mustard



Hummus



Ranch Dressing



Flavored Cream Cheese



Jam or Jelly

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