**Oral Motor Grocery List**

**Foods That Help Focus:**

* Most foods that are chewy or resistive
* Dried Fruit
* Fruit Roll-Ups
* Bubble Gum
* Licorice Sticks (particularly work if you leave them out of package to stale)
* Gummi Bears (particularly work if you freeze them)
* Beef Jerky

**Foods That Are Organizing:**

* Most foods that are crunchy
* Carrot Sticks
* Large Thick Pretzels
* Apples
* Pickles
* Banana Ships
* Dry Cereal
* Ice Cubes
* Corn Nuts

**Allowing a sports bottle in class may also be helpful to keep and maintain a state of arousal along with other “resistive suck” activities.**

* Applesauce, pudding or milkshakes through a straw
* Crazy Straws
* Fruit Shakes

**An electric toothbrush in the morning and at night may also help to provide more input on a daily basis.**