

# SMILEY'S POINTS

low point Dollar Tree list



## WELCOME!

Welcome! I'm Kevin Smiley, the creator of the blog with recipes to make you smile... SmileysPoints.com. That's me in the top photo over there >>>

I've lost weight with Weight Watchers and want to help others do the same!

Print this handy dandy low point Dollar Tree list and take it with you to the store, or take screenshots and save it on your phone. All I ask is that you link to me when you share the list. I worked hard on it! :)

If you notice anything missing, send me an email or leave a comment and I'll add your favorites.

Access the full post at

<http://smileyspoints.com/dollartree>

Kevin



## pantry staples

[smileyspoints.com/dollartree](http://smileyspoints.com/dollartree)

- New Orlean's Jambalaya Rice – 1/2 cup, 6 FSP
- Maizada Corn Tostadas – 2 tostadas, 3 FSP
- Pantry Essentials Pizza Sauce – 1/2 cup, 2 FSP
- Bumble Bee Tuna Pouches – Lemon Pepper – 0 FSP
- Bumble Bee Tuna Pouches – Spicy Thai Chili – 2 FSP
- Nature's Own Butter Bread – 2 slices, 3 FSP

## cereals

- Cinnamon Toasters – 3/4 cup, 5 FSP
- Frosted Mini Spooners – 1 cup, 7 FSP
- Malt o Meal Golden Puffs – 3/4 cup, 5 FSP
- Golden Foods Raisin Bran – 2/3 cup, 5 FSP
- Marshmallow Matey's – 1 cup, 5 FSP
- Birthday Cake Cookie Crisps – 3/4 cup, 4 FSP

## nuts

- Imperial Nuts Cranberry Blend – 1 ounce, 5 FSP
- Imperial Nuts Energy Blend – 1 ounce, 5 FSP
- Imperial Nuts Cashew Mix – 1 ounce, 5 FSP
- Imperial Nuts Sunshine Blend – 1 ounce, 9 FSP
- Imperial Nuts Fruit & Nut Blend – 1 ounce, 5 FSP
- Imperial Nuts Almond Mix – 1 ounce, 5 FSP

## frozen & refrigerated

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- Snapp's Mac n Cheese Bites – 1 box, 9 FSP
- Himalaya Fresh Veggie Meatballs – 3 meatballs, 4 FSP
- Jose Ole Chicken Monterey Burrito – 6 FSP
- Pork Potstickers, without sauce – 1 potsticker, 1 FSP
- Chocolate Dipped Banana Slices – 4 slices, 5 FSP
- Baker's Best Baked Soft Pretzels – 1 pretzel, 5 FSP
- Jennie-o 85/15 Turkey Burgers – 6 FSP each
- Camillio's 7" Pizza Crust – 8 FSP

## zero points

- Dill Pickles
- Salsa
- Frozen fruit
- Canned veggies
- Sugar-Free Sweeteners and syrups
- Chunk tuna in water
- Snack Pack Sugar-Free Jell-o

## cereals

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- Malt o Meal Golden Puffs – 3/4 cup, 5 FSP
- Golden Foods Raisin Bran – 2/3 cup, 5 FSP
- Marshmallow Matey's – 1 cup, 5 FSP
- Birthday Cake Cookie Crisps – 3/4 cup, 4 FSP

## candies

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- Bob's Soft Peppermint Sticks – 3 FSP each
- Sugar-Free Peanut Butter Bars – 2 pieces, 1 FSP
- GoLightly Sugar Free Hard Candy Assorted – 1 FSP per serving
- Russell Stover SF Peppermint Patties – 1 patty, 2 FSP
- Sugar-Free Chic O Stick – 2 candies, 1 FSP
- Wiley Wallaby Red Licorice – 1 FSP each
- Werther's Original SF Candies – 1 candy, 0 FSP
- Werther's SF Caramel Apple Candies – 2 FSP per serving
- Chocolate Covered Marshmallow Eggs – 2 FSP each
- Smarties Candy Rolls – 1 FSP each
- Coastal Bay SF Candy Assorted Flavors – 1 FSP per serving
- 3 Musketeers Birthday Cake Minis – 1 FSP each
- Brach's Maple Nut Goodies – 1 FSP each

## cookies

- Joseph's SF Peanut Butter Cookies – 3 FSP per serving
- Mrs. Pure's SF Butter Cookies – 5 FSP per serving
- Lil' Dutch Maid Old Fash. Ginger Snaps – 5 FSP per serving
- Baker's Batch Thins Oatmeal Raisin – 3 FSP per serving
- Joseph's SF Pecan Shortbread Cookies – 4 FSP per serving
- Keebler Fudge Stripe Cookies – mini pack, 5 FSP
- Teddy Bear Cookies – 13 pieces, 5 FSP
- Mrs. Pure's SF Oatmeal Cookies – 4 FSP per serving
- Bauducco SF Vanilla Wafer Cookies – 6 FSP per serving

# chips & crackers

[smileyspoints.com/dollartree](http://smileyspoints.com/dollartree)

Zapp's Kettle Style Chips – 20 chips, 5 FSP

Snikiddy Cheddar Baked Fries – 60 fries, 4 FSP

Good Health Sea Salt or Jalapeno Veggie Straws  
– 1 ounce/40 straws, 4 FSP

Good Health Sea Salt Veggie Chips – 30 chips, 4 FSP

Popcorners Kettle Corn Chips – 1 ounce, 4 FSP

Popcorners White Cheddar – 16 chips, 4 FSP

Boom Chicka Popcorn – 1 cup, 3 FSP (2 cups, 5 FSP)

Snack Factory Pretzel Crisps – 11 pretzel crisps, 3 FSP

Snack Factory Pretzel Crisps – Garlic Parmesan  
– 10 pretzel crisps, 3 FSP

Snyder's of Hanover Mini Pretzels – 1 (1/2 ounce) bag, 1 FSP

Stacy's Pita Chips, Parmesan Garlic & Herb – 9 chips, 4 FSP

Baker's Harvest Garden Vegetable Crackers – 22 crackers, 4 FSP

Baker's Harvest Thin Wheat Crackers – 16 crackers, 5 FSP

Baker's Harvest Chicken Flavored Crackers – 15 crackers, 4 FSP

Monet Original or Vegetable Crackers – 3 crackers, 2 FSP

Global Brands Snack Time Mini Crackers – 8 crackers, 5 FSP

Munch Rights Cheddar & Sour Cream Flavored Baked Puffs  
– 5 FSP per serving

# snacks

[smileyspoints.com/dollartree](http://smileyspoints.com/dollartree)

So Natural Freeze Dried Peach Slices – 1 bag, 4 FSP

So Natural Freeze Dried Strawberries – 1 bag, 4 FSP

Brother's All Natural Freeze Dried Apples – 1 bag, 2 FSP

Nature Valley Crunchy Oats n Honey Bars – 1 bar, 3 FSP

Mr. Brownie Blondie Bites – 1 brownie, 4 FSP

Daddy Ray's Fig Bars – 1 fig bar, 3 FSP

Mini Raisin Boxes – 3 FSP each

Jr's Cheese Dip & Breadsticks or Pretzels – 3 FSP each

Stauffer's Animal Crackers, Original – 16 crackers, 4 FSP

Stauffer's Animal Crackers, Chocolate – 16 crackers, 5 FSP

Mrs. Freshley's Pecan Twirls – 4 FSP each

Fiddle Faddle – Caramel or Butter Toffee – 2/3 cup, 6 FSP

Crunch 'n Munch Caramel Pop. w/Peanuts – 7 FSP per serving

## **here are a few helpful posts from smileyspoints.com**

2020 Plan Info: What we know

[smileyspoints.com/2020](http://smileyspoints.com/2020)

Portion Control Tips

[smileyspoints.com/portions](http://smileyspoints.com/portions)

Zero Point Food List with carbs, calories, & fiber

<http://smileyspoints.com/zero>

WW not working?

[smileyspoints.com/alternatives](http://smileyspoints.com/alternatives)



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