

Snack Attack

“Grab and Go” Snack Ideas

When on the go, bring along energizing snacks! Whether traveling, camping, or transporting kids to activities, the following ideas are sure to help you satisfy those hunger attacks in a hectic day.

Choose from the following pack and go ideas:

Cooler Snacks

- Low-fat cheddar or mozzarella cheese slices between low-fat, whole grain crackers.
- String cheese and whole-grain pretzels.
- Raw veggies (such as bell pepper, cucumber, turnip and zucchini slices; cherry tomatoes, baby carrots) and a low-fat dressing/dip (such as low-fat Ranch, Catalina, Raspberry vinaigrette).
- Sliced fresh fruits (pears, apples, peaches) to dip into a low-fat fruited yogurt container.
- Individual canned fruits (packed in juices) and a plastic spoon.
- Low-fat milk cartons.

Picnic Basket Goodies

- Baked whole-grain tortilla or pita chips and a container of bean dip or hummus.
- Dried fruits (cherries, cranberries, blueberries, apricots, pears, raisins, prunes).
- Bran or fruit muffins.
- Graham crackers.
- Low-fat popcorn.
- Mini whole-grain bagels.

Tasty Snack Combos to Mix and Match!

- Low sugar, whole-grain dry cereals
- Pretzels, snack crackers
- Nuts and seeds—peanuts, sunflower seeds, soy nuts, almonds, walnuts
- Dried fruits—raisins, cherries, cranberries, blueberries

Mix your selections together and portion into individual plastic snack bags.

