



# TRAVEL SNACK IDEAS ↗

## Dried Fruits

- Individual such as raisins, goji, cranberry, etc.

Brands:

Stretch Island,  
That's It, Bear rolls

## Mixed Nuts

- Choose "dry roasted" or raw
- Can mix with dried fruits

## Granola Bars

- Avoid coatings

Brands:

Quaker Chewy, Made Good, Nature Valley

## Pouches

Applesauce

Fruit & Veggie purees

Justin's nut butters

## Bars

- Choose whole food ingredients
- Choose the fewest number of ingredients

Brands: Lara Bar, RX, Zing GoMacro

## Crackers

- Graham crackers
- Whole grain crackers

Brands: Annie's, Triscuit, Back to Nature, Simple Mills

## Biscuits

- Nature's Bakery Fig Bars (other flavors)
- Bevita biscuits
- Fig Newman's
- Nutri-grain cereal bar

## Shakes

- pre-made
- powders

Brands:

Carnation Instant Breakfast, Orgain, Garden of Life

## Misc.

- Stinger waffles
- Homemade energy bites
- Fresh fruit & veggies
- popcorn
- pretzels

## Tips

- Plan ahead
- Read Labels
- Bring a blender bottle for powder shakes