



ON-THE-GO SNACKBOX IDEAS

Shopping List



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Pick 1 item from each column to create a healthy snackbox for kids (3 yrs+)

STARCH & PROTEIN (PICK 1)

- Jam Sandwich
- Turkey & Cheese Sandwich
- Mini Bagel Pizza
- Peanut Butter Bagel
- Tortilla & Cheese Roll-up
- Ham & Cheese Roll-up
- Hard Boiled Eggs
- Tuna Sub Sandwiches
- Muffins
- Hot Soup
- Protein Pancakes
- Hummus & Pretzels
- Cheese Soft Tacos
- Vegatable Sushi
- Greek Yoghurt & Granola

FRUITS & VEGGIES (PICK 1)

- | | |
|--------------|------------------|
| Cucumbers | Oranges |
| Carrots | Clementine |
| Celery | Bananas |
| Tomatoes | Dried Apricots |
| Pickles | Raisins |
| Strawberries | Canned Pineapple |
| Broccoli | Applesauce |
| Grapes | Canned Pears |
| Peaches | Mandarin orange |
| Mango | Dried banana |
| Apples | Canned peaches |
| Cauliflower | Cranberries |
| Snap Peas | Watermelon |
| Cherries | Blueberries |
| Raspberries | Mixed Fruit |

SNACKS & TREATS (PICK UP TO 2)

- Cheese Sticks
- Cookies
- Dry Cereal
- Go Gurt Yoghurt
- Fish Crackers
- Baked Chips
- Pretzels
- Popcorn
- Pudding
- Rice cakes
- Sunflower Seeds
- Granola Bars
- Brownies
- Veggie Straws
- Graham Crackers

DRINKS (PICK 1)

- | | |
|----------------|-----------|
| Flavored Water | Capri Sun |
| Milk | Water |
| %100 Juice | |
| Lemonade | |

PERSONAL FAVORITES

_____	_____
_____	_____
_____	_____
_____	_____