

SNACK IDEAS

FOR TODDLERS ON A

-- ROAD TRIP --

TIPS FOR SELECTING TRAVEL SNACKS



Should have low spoilage risk



Should be easy to eat without making a mess



May preferably contain fruits, vegetables, proteins, and good fats

PACKED FOOD



Whole-wheat muffins



Whole-grain crackers



Granola and cereal bars



Yogurt



Nuts and dry fruits

YOU CAN PREPARE

- | | |
|---|--|
| <input type="checkbox"/> Applesauce | <input type="checkbox"/> Hard-boiled eggs |
| <input type="checkbox"/> Fruit juices | <input type="checkbox"/> Salmon or Turkey jerky |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Smoothies |
| <input type="checkbox"/> Peanut butter sandwiches | <input type="checkbox"/> Cut fruits and vegetables packed in cooler-compatible containers. |

Mom Junction

Source: https://www.momjunction.com/articles/car-road-trip-activities-toddlers-preschoolers_00787978/