

## **Fresh & Healthy Options:**

- Fruit & Peanut Butter (apples, bananas, or pears with PB or almond butter!)
- Veggie Sticks & Hummus (carrots, cucumbers, bell peppers, celery—great for dipping!)
- Cheese Sticks (string cheese or Babybel—easy, no mess!)

## **Protein-Packed & Savory Snacks:**

- Jerky (beef, turkey, or plant-based options for a protein boost!)
- Trail Mix (nuts, dried fruit, chocolate, and seeds—customize your own!)
- Hard-Boiled Eggs (pre-cooked and stored in a cooler!)

## **Crunchy & Salty Favorites:**

- Chips or Popcorn (tortilla chips, pita chips, or homemade popcorn!)
- Pretzels & Cheese (perfect for road trip snacking!)
- Roasted Nuts or Seeds (almonds, cashews, sunflower seeds—great for on-the-go!)

## **Sweet & Energy-Boosting Snacks:**

- Granola Bars or Protein Bars (Clif Bars, RXBars, or homemade!)
- Dried Fruit (mango, cranberries, raisins, apricots!)
- Chocolate-Covered Nuts or Espresso Beans (sweet but with a caffeine kick!)
- Fruit Snacks (fun & easy, no cooler required!)

## **Fun & Campfire-Friendly Treats:**

- S'mores Snack Mix (mini marshmallows, graham cracker pieces, and chocolate chips!)
- Graham Crackers & Nutella (sweet, crunchy, and satisfying!)
- Energy Bites (no-bake balls made with oats, honey, and peanut butter!)

## **Shelf-Stable Snacks:**

- Peanut Butter or Almond Butter
- Trail Mix (or DIY ingredients: nuts, dried fruit, chocolate chips)
- Granola Bars or Protein Bars
- Pretzels or Pita Chips
- Crackers (Wheat Thins, Ritz, Triscuits)
- Roasted Chickpeas or Nuts (Almonds, Cashews, Walnuts)
- Dried Fruit (Mango, Cranberries, Raisins, Apricots)
- Jerky (Beef, Turkey, or Vegan Options)
- Fruit Snacks

## **Cooler-Friendly Snacks:**

- String Cheese or Babybel Cheese
- Hummus
- Hard-Boiled Eggs
- Fresh Fruit (Apples, Bananas, Grapes, Oranges)
- Fresh Veggies (Carrots, Celery, Bell Peppers)