

Family-Friendly Packable Snacks for Travel

nations
nutrition

Traveling with family can be a fun adventure, but it's important to have tasty snacks ready for the road. Packing the right snacks can help keep everyone happy and energized during long trips. Here are some family-friendly, easy-to-pack snacks that are perfect for your next journey.

Fruits and Vegetables

Fruits and veggies are healthy and refreshing snacks! Here are some great options:

- Apple Slices: Pack some apple slices in a container. This would pair well with a small container of nut butter.
- Vegetable Sticks: Cut up some carrots, celery, bell peppers and put them in a bag. This would be great dipped in some hummus.
- Grapes: These are easy to eat and don't make a mess. Just wash them and pack them in a container.

Nut Butter and Crackers

Nut butter is a delicious way to get protein. You can pack:

- Peanut Butter or Almond Butter: Bring along some mini containers of nut butter. Pair it with whole-grain crackers or fruit for a filling snack.
- Rice Cakes: These are light and crunchy. Spread some nut butter on top for extra flavor.

Trail Mix

Trail mix is a great snack because you can customize it! You can mix:

- Nuts: Almonds, cashews, or walnuts add healthy fats.
- Dried Fruit: Raisins, apricots, or cranberries add sweetness.
- Chocolate Chips: A few chocolate chips can make it extra special!

Portion the mix into ¼ cup servings in small snack bags, making it easy to grab for a snack and be mindful of portions.

Granola Bars

Granola bars are super easy to pack and come in many flavors. Look for bars that are low in sugar (5g or less per serving) but high in fiber (3-4g or more per serving). You can also make your own.

Cheese and Crackers

Cheese is a tasty snack that kids love. You can pack:

- String Cheese: It's fun to eat and easy to pack because it doesn't need refrigeration for a few hours.
- Cheese Cubes: Pair them with whole-grain crackers for a balanced snack.

Popcorn

Popcorn is a light and crunchy snack. You can make it at home and season it how you like! Just be sure to pack it in a container or a bag so it doesn't get crushed.

Yogurt

Yogurt is a yummy snack, but it needs to stay cold. You can pack:

- Yogurt Tubes: These are great because they are easy to squeeze and eat. Try freezing them beforehand, so when you eat them they still may be frozen or nice and cold. Make sure to look for yogurts that are low in added sugars (5g or less per serving).
- Greek Yogurt: If you have a cooler, pack some individual cups of Greek yogurt for a protein-packed snack. Again make sure they are low in added sugars.

Homemade Muffins

Baking muffins at home can be a fun activity before your trip. Making your own also helps control the ingredients and you can make them more nutritious. Try using whole wheat pastry flour or almond flour in the recipe.

When packing snacks for travel, it's best to choose foods that are healthy, easy to eat, and won't make a mess. With these snacks in hand, the whole family can stay energized and enjoy the road trip.

Discover how Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at nmpsia.nationsbenefits.com/nutrition or call 888-320-1776. Nations Nutrition is available at no cost to eligible employees.



nations nutrition

