

Snacks to Keep on Hand

Out of sight, out of mind. In sight, in the mouth!

Keep snacks easy to reach to encourage frequent snacking on nutritious item



Places to keep snacks:

- Your bag or purse
- Your car
- Coffee table
- Night stand
- Kitchen counter
- Pantry



Non-perishable snack ideas:

- Granola / cereal bars
- Protein Bars
- Fruit Leather
- Nuts
- Trail Mix
- Granola
- Dried Fruit
- Cereal
- Pretzels
- Pita Chips



- Popcorn
- Applesauce
- Go-Go Squeeze
- Juice Boxes
- Crackers
- Cookies
- Beef Jerky
- Nut Butters
- Peanut Butter Crackers



Snack Delivery Services:

If you have trouble obtaining food there are even services that will deliver a variety of snacks to your door!

- Nature Box (NatureBox.com)
- Graze (Graze.com)
- Nibblr (Nibblrbox.com)
- Mouth (Mouth.com)
- Love With Food (Lovewithfood.com)

