

Smart Snack Bag Ideas



- Animal crackers** * Cute shapes for a sweet taste. Enjoy one by one.
- Bagels** * Chewy carbohydrates! Try the mini ones.
- Bagel chips** * Crispy carbohydrates!
- Cereals** * Pour into a baggie from home.
* Buy little boxes. Some can be used as a bowl – just cut open and add milk.
* Don't forget instant oatmeal. Mmmm.
- Cheese** * Keep a couple of cracker and cheese packs tucked away.
- Crackers** * Lots of choices: saltines, bread sticks, whole-wheat, cheese, reduced fat.
- Dry soup/noodles** * Just add boiling water.
- Fruit** * Oranges and apples keep well for many days. Delicious!
* Dried fruit is a sweet pick-me-up. Raisins, dried apricots, prunes . . .
* Single-serving cans are a good back-up.
- Graham crackers** * Plain! Cinnamon! Chocolate! All satisfy that desire for a bit of sweet.
- Granola bars** * Tasty! Enjoy bite by bite.
- Hard candy** * Keep a variety on hand.
- Nuts** * Very filling. Savor and enjoy one by one.
- Peanut butter** * Keep a knife and a little jar on hand to spread a thin layer on crackers.
- Popcorn** * Several tasty microwave versions. Lots of filling fiber.
- Pudding** * Ready-to-eat types are creamy sweet treats.
- Pretzels** * Crunchy, crispy satisfaction. And little or no fat!
- Rice cakes** * Lots of flavors. The mini sizes are super handy.
- Veggie juice** * Tomato and spicy vegetable varieties are a tasty break from sweets.

Water: Drink plenty all day. Thirst is often misinterpreted as hunger!

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