

healthy packable SNACK IDEAS for summer

- Small apples
- Baby carrots
- Health Warrior 100-calorie Chia Bars
- Mini bell peppers
- Clementine oranges
- Sliced bell peppers
- Mini cucumbers
- Small or mini bananas
- Grapes
- Homemade trail mix
- Nuts
- Portable nut or sunbutter packs
- Seeds (pumpkin or sunflower)
- Jerky
- Homemade snack bars
- Homemade protein bites
- Sliced grilled chicken
- Cheese sticks
- Dried fruit
- Baked chips (un-fried)
- Mini sandwiches
- Whole grain crackers
- Whole grain flatbread
- Mini hummus packs

