

Make Your Own Trail Mix

½ Cup of Protein

Choose one: Almonds or Peanuts (do not mix measuring cups)

½ Cup of Carbohydrates

Choose one: Chex Mix (gluten free), Mini Pretzels, and Granola

2 Tablespoons of Fruit

Choose one: Dried Cranberries or Raisins

2 Tablespoons of a Fruit

Choose one: Dried Pineapple, Dried Mango, Dried Banana (or other dried fruit)

1 Tablespoon of Chocolate Candy such as M&M's

(Allow youth to use the measuring cups and fill the sandwich bags themselves.

Have Tupperware containers for each item with lids that are big enough for kids to scoop into.)