

On-the-Go Snack Ideas

Real-life snacks for busy days — flexible, satisfying, and judgment-free

Grab-and-Go (No Prep or Minimal Prep)

- Granola bars or protein bars
- Trail mix (store-bought or homemade)
- Cheese sticks or cheese cubes
- Peanut butter or cheese crackers
- Mini muffins or snack cakes
- Beef jerky or turkey sticks
- Fruit snacks or gummies
- Individual popcorn bags

Nutrient-Rich & Satisfying

- Apple or banana with nut or seed butter
- Yogurt cups or yogurt pouches
- Cottage cheese cups
- Hard-boiled eggs
- Hummus with pretzels or crackers
- Smoothies or bottled protein shakes
- Roasted chickpeas or edamame
- Chia pudding cups

Savory & Filling

- Mini sandwiches or wraps
- Bagel halves with cream cheese
- Snack boxes (crackers, cheese, deli meat)
- Tortilla roll-ups (cheese, turkey, hummus)
- Leftover pizza slices or pizza rolls
- Savory muffins (cheese, egg, veggie)
- Rice cakes with avocado or nut butter

Fun Foods (Food Is Also Joy)

- Chocolate bars or chocolate-covered snacks
- Cookies or snack cakes
- Ice cream bars or frozen treats
- Pudding or custard cups
- Pastries or croissants
- Chips or pretzels
- Sweet snack mixes

Quick and Easy

- Snack plates or bento boxes
- Finger foods (cheese cubes, crackers, fruit)
- Applesauce or fruit puree pouches
- Single-serve nut butter packets
- Cheese & cracker packs
- Pre-portioned, visible snacks

Gentle Reminder

- The best snack is the one that gets eaten.
- Consistency matters more than perfection.

Food is personal. Choose what supports your body, your day, and your needs.

~ Julia Cassidy, MS, RDN, CEDS-C

