

Emergency Snack List (Printable)

■ No Cooler Needed:

- ☐ Granola bars
- ☐ Trail mix or mixed nuts
- ☐ Dried fruit (mango, raisins, apricots)
- ☐ Apple sauce or fruit squeeze pouches
- ☐ Crackers or rice cakes
- ☐ Beef or turkey jerky
- ☐ Shelf-stable cheese sticks
- ☐ Pretzels or popcorn
- ☐ Nut butter packets
- ☐ Bottled water or juice boxes

■ Cooler Additions (for longer days out):

- ☐ Fresh fruit (grapes, apple slices, berries)
- ☐ Yogurt tubes or cups
- ☐ Sandwiches or wraps
- ☐ Hard-boiled eggs
- ☐ Cheese sticks or cubes
- ☐ Mini hummus cups + baby carrots
- ☐ Pasta salad or rice bowls
- ☐ Mini muffins or energy bites
- ☐ Cold water bottles or electrolyte drinks