

Trail Mix

Instructions:

1. Search the library to find one snack food item similar in shape and texture to your child's preferred snack foods.
2. Place a handful of each (new food item and preferred snack foods) in the cups of a muffin tin (one food per cup).
3. Have your child fill a baggy with a bit of each while you make one too.
4. Take a hike with your trail mixes (a "hike" can be in your backyard or to a local park too). Be sure to stop for multiple snack breaks.



Some trail mix ingredients ideas:

Chocolate candies

Peanuts (be sure of allergies prior)

Almonds

Marshmallows

Dried fruits

Goldfish

Pretzels

Crunchy Veggie sticks