

Barnosky Family Snack Mixes

Savory Snack Mix	Family (22 servings)	One Serving
Tasty Little Crackers	(1/2) 9 oz box	3 crackers
Waffle Pretzels	(1/2) 10 oz bag	3 pretzels
Sun-dried Tomatoes (dry)	5-6 oz (roughly chopped)	1 round
Cashew Halves	(1/4) 9 oz can	3 halves
Almonds, roasted	(1/4) 9 oz can	3 small
Sunsweet Berry Blend	(1½) 5 oz bags	1 Tablespoon
Dry-Roasted Edamame	4.4-5.6 oz bag	8g (24pcs)

Each serving of “Savory Snack Mix” contains a half serving (each) of carbohydrates, healthy fat, protein, veggies, and fruit... approximately 132 healthy, balanced calories. Store in snack-sized zipper bags... stable for shelf or car.

Sweet Snack Mix	Family (20 servings)	One Serving
Life Cereal	1/3 of a 15 oz box	16 squares
Frosted Mini Wheats	1/5 of a 16 oz box, 40 pieces	2 squares
Animal Crackers	1/3 of a 16 oz box, 80 crackers	4 crackers
Pecan Halves	3 oz	2 halves
Walnut Halves	3 oz	2 halves
Craisins	6 oz bag	1 Tbl
Dried Apple Rings	10 oz	½ oz, approx 2 rounds

Each serving of “Sweet Snack Mix” contains one serving of carbohydrate, one serving of fat, and one serving of fruit... approximately 185 healthy, balanced calories. Store in snack-sized zipper bags... stable for shelf or car.

Kids’ Breakfast Bundles	Family (20 servings)	One Serving
Frosted Mini Wheats	(1 ½) 16 oz boxes	15 squares
Pecan Halves	12 oz	8 halves
Dried Blueberries	12 oz	2 Tbl

Each serving of “Sweet Snack Mix” contains two servings (each) of protein and healthy fat, one serving of fruit, one and a half servings of carbohydrates, and 3 grams of fiber.... approximately 380 healthy, balanced calories. Store in sandwich-sized zipper bags... stable for shelf or car and great for getting out the door quickly!