



# Snacks in the Field

## MAXIMIZE NUTRITION WITH SNACKS

Whether during planting or harvest, having snacks is important to sustain energy throughout these long days.



### What is a Snack?

Snacks are intended to be smaller than meals and a way to help curb hunger between meals.

#### Carbs + Protein

- Pairing a high-fiber carbohydrate food with a protein food can be filling and help sustain energy.

#### Snack Examples

- Pear or apple slices with peanut butter
- Whole-grain crackers and cheese
- Grapes and hardboiled egg
- Tortilla chips and corn-bean salsa
- Bell pepper slices and hummus
- Mini meat-bread sandwich

For more snack ideas, read the "**Shelf-Stable Foods**" handout.



TOP: Corn-bean salsa with tortilla chips  
LEFT: Apples and peanut butter  
RIGHT: Mini sandwiches



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### Mix-and-Match Trail Mix

Trail mix is a portable, handheld snack. Make your own or buy trail mix with nuts, dried fruit, and grains.

#### Nuts

- Any nut is great here!
- When possible, choose unsalted or lightly-salted nuts.

#### Dried Fruit

- From dried cranberries to dried mango, add your favorites.
- More often, choose dried fruit without added sugar, such as raisins or dried apples. Freeze-dried fruits may have no added sugar.

#### Grains

- Try pretzels, popcorn, small crackers, and dried cereal.
- When possible, choose 100% whole-grains or made-with whole grains in trail mixes.

#### Sweets

- If adding something sweet, like chocolate, in trail mix, be sure to still eat the rest of the trail mix pieces.



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