

# **Snacks**

## Easy ideas

A must for any trip

Drinks: Bottle water, lemonade, juice, milk, ice tea, hot chocolate

Individual packages of nuts, cracker snacks, dried fruit, trail mix, string cheese works best. Make sure there are enough for each person to have several servings during a trip.

Also, fruit, such as apples, grapes (wash at home) and bananas are easy snacks. Serve with peanut butter or yogurt dip.

Have snacks available before, during and after hikes or other physical activities.

Have snacks for hungry scouts before meal is ready. Only one per person.

When preparing a meal, especially in cold weather, have a pot of hot water going. This can be used to mix cup o'soup, hot chocolate or instant oatmeal.