

Instructions for Making Healthy Snack Bags:

How much should go in each snack bag? This is completely up to you. Most bags contain two snacks and something to drink.

How many snack bags should I do? This is completely up to you and how much you want to give. We often say, "Fifteen is great ... 100 is awesome!"

- Due to possible allergies, please refrain from including any items that contain peanuts.
- For health purposes, all items should be prepackaged from the manufacturer.
- The Family Partnership is unable to accept food items that have been divided and placed into food storage bags.
 - Example: Dividing a large bag of pretzels into several smaller bags by hand.

Content Suggestions

- Juice Boxes
- Bottled water
- Raisins
- Dried Fruit
- Granola Bars (no nuts)
- Crackers
- Pretzels
- Apples Sauce
- Fruit Cups in Water
- Fruit snacks (sugar free if possible)
- Trail Mix (no nuts)
- Plastic Utensils (Spoon/Fork)
- Napkin

NOTE: Each bag should cost under \$5.

- Here are a couple of crafty ways to make this activity even more fun ...
- Use paper bags and have the children decorate with drawings, stickers, etc. (if doing so, please refrain from any religious and/or political references)
- Place each item in a pile along the outer edge of a table/countertop and have the children fill the bags while moving in a circle. Video the assembly line and then speed it up for high-speed fun.
- Take photos before/during/after and share online (remember to tag The Family Partnership) and/or share with your friends/family. We often share these photos internally and externally to show off some of the great work our volunteers are doing.