



[gear]

Good-to-Go Snacks, Naturally!

Loaded with fiber, nutrients, and flavor, these better-for-you twists on kid favorites are smart (and lightweight) additions to your luggage

1. ALMOND BUTTER SQUEEZE

PACKS Spread it on crackers, celery sticks, baby carrots, and more. Available in four flavors: classic, honey, chocolate, and maple syrup. *Justin's Nut Butter*, \$10 for a box of 10 packs.

syrup, or artificial ingredients. Delightful flavor combinations include strawberry jam & peanut butter, cinnamon graham & vanilla yogurt, and blueberries & oatmeal. *Revolution Foods*, \$22 for a box of 5.

2. GRAMMY SAMMIES AND JAMMY SAMMIES

These sweet, organic, 100 percent whole-grain sandwich-style treats are just the right size for tiny hands! No trans fats, high fructose corn

3. MAINE MAPLE MUNCH

A zesty New England blend of dried blueberries and cranberries mixed with plain walnuts and maple glazed walnuts. *Maine Munchies*, \$3 per snack pack; \$5 per 5 oz bag.

4. KUKO BITES

Soft and chewy! Made with goji berries, seeds, nuts, dried fruit, and cacao nibs. No wheat, dairy, or trans fats. *FullBloom Baking* (available at abesmarket.com), \$14 for 6 2-oz packs; \$17 for 2 6-oz pouches.

5. ORGANIC SPELT MINI

PRETZELS An "ancient grain," spelt has been grown and eaten since 5000 B.C.! More protein than regular wheat; crisp, nutty taste. *Happy Herbert's*, \$4.

6. ORGANIC FRUIT STRIPS

Like an all-natural version of fruit roll-ups. We like the peach, cranberry, and very berry flavors. At Whole Foods markets nationwide. *365 Everyday Value*, \$0.60 each.

7. WHOLE GRAIN YOGA CHIPS

Wai Lana, the company that produces yoga gear and videos for kids and adults, now makes all-natural snacks! No wheat, gluten, GMO, soy, preservatives, or trans fats. *Wai Lana*, \$3.