



# Trail Mix



- 2 cups unsweetened oat cereal (circles)
- 2 cups unsweetened rice or corn cereal (squares)
- 2 cups unsweetened rice/corn cereal (hexagons)
- 1 cup small pretzels
- 1 cup raisins

This is an excellent snack when you're on the go with young children; it doesn't need to be kept cold or heated. It's ready to go anytime and healthy for you and your family. This mixture can be made ahead of time in bulk and kept in a gallon plastic resealable bag or a 3 pound coffee can. This will save time to just scoop the mixture into a sandwich size bag or a spillproof container and you have individual servings for everyone! Other sugar-free cereals and dried fruits can be substituted or added to the suggested ingredients above; like nuts or sunflower seeds.

**Safety Tip:** Some foods may cause choking in children 2 and under.

*Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension in Steuben County provides equal program and employment opportunities.

Nutrition Facts	
Serving Size (37g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 11g	
<b>Protein 2g</b>	
Vitamin A 6%	• Vitamin C 6%
Calcium 4%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension in Steuben County provides equal program and employment opportunities.