



Car Snack Kit

(Errands Edition)



Heat + cold friendly snacks that hold up in your car - and in real life.

10 Car Snack Kit Staple Foods

Protein (pick 2)

- Nut butter packets
(peanut/almond/sunflower)
- Jerky or meat sticks
- Roasted chickpeas or roasted edamame
Tuna/chicken packet + a fork (parking-lot lunch option)
- Nuts or seeds (almonds, peanuts, sunflower, etc.)

Crunch (pick 2)

- Pretzels (sticks = least messy)
- Crackers or rice crackers
- Rice cakes (plain or lightly salted)

Fruit-ish (pick 1)

- Applesauce pouches
- Dried fruit (raisins, apricots, mango, etc.)
- Fruit cup (shelf-stable) - optional if you want something more filling

Bonus (optional)

- Oat-based snack/protein bar (not chocolate-coated)
- Mints or ginger chews
- Electrolyte packets (optional, but clutch)

Quick Tip: Keep 2-3 portions of each.

Easy grab combos

- Applesauce pouch + pretzels
- Jerky + trail mix
- Nut butter packet + crackers

Avoid in extreme temps

- Chocolate-coated snacks (melts + mess)
- Yogurt/cream-filled items
- Anything that needs refrigeration

Kit extras (tiny, but mighty)

- Wet wipes
- Napkins Small
- Trash bag

Pack it in 3 steps

Fast, flexible, and low-mess.

- Pick 2 proteins + 2 crunch + 1 fruit-ish (mix and match from above)
- Store in a small zip pouch or lidded container (less chaos)
- Rotate + restock every 2-3 months (label with the date)



Use what you've got before you shop