

## ROAD TRIP SNACKS

### Healthy, Packable & Low-Mess Ideas for Long Drives

When you're logging highway miles, the right snacks can keep everyone happy (and cut down on the meltdowns). Dr. Kyle Pontiff, pediatric sports medicine physician with Our Lady of the Lake Children's Health, shares his go-to family favorites for fueling your road trip the healthy, mess-free way.



#### Trail Mix

Energy-packed and easy to portion  
(watch for nut allergies and choking hazard!)



#### Dried Kiwi

A sweet-tart favorite — a little different than the usual snacks



#### Other Dried Fruits

Think apricots, apples, mangoes — look for unsweetened options when you can



#### Crackers & String Cheese (pop these in the cooler)

A low-mess classic that packs in protein and crunch



#### Veggie Sticks & Hummus (in the cooler with the cheese)

Crisp, satisfying and a sneaky way to add fiber



#### Water Bottles for Everyone

Even if it means more bathroom stops, it's worth it to keep kids feeling their best.



#### Dr. Pontiff's Pro Tips:

- Avoid messy, sticky or hard-to-digest foods
- Pack wipes and hand sanitizer
- Keep snacks within easy reach for little hands



Listen to Kyle Pontiff, MD, share more ideas for the ultimate family road trip on ParentingU wherever you get your podcasts.

[fmolhs.org/parentingu](https://fmolhs.org/parentingu)

