

FAMILYDECODE · FREE PRINTABLE

Toddler Travel Snack Ideas

Mess-free, no-fridge snacks that survive a bag — plus a quick pack list.

- 50+ travel-friendly ideas
- Sorted by type
- A snack-bag checklist

Always cut round foods lengthwise and supervise eating to reduce choking risk. Adjust for your child's age and allergies.

Snacks That Travel Well

No fridge, low mess, easy little hands. Mix a few from each column.

Dry & crunchy

- Wholegrain crackers
- Rice cakes / corn cakes
- Dry cereal (O-shapes)
- Breadsticks
- Pretzels
- Popcorn (age 4+)
- Oat/cereal bars
- Wholegrain puffs

Fruit & veg that travels

- Banana
- Apple slices*
- Grapes (halved lengthwise)
- Berries
- Raisins (age 3+)
- Cucumber sticks
- Carrot sticks (soft/steamed for littles)
- Cherry tomatoes (quartered)

Protein & filling

- Cheese cubes / sticks
- Hard-boiled egg
- Nut/seed butter on crackers**
- Hummus pot + dippers
- Yoghurt pouch
- Roast chickpeas
- Mini sandwiches
- Cooked pasta shapes

* pack with a squeeze of lemon to slow browning. ** check your setting's nut policy. Cut round/hard foods to reduce choking risk.

Snack-bag pack list

- | | |
|---|---|
| ☐ 2–3 snack pots / bento box | ☐ Spill-proof water cup |
| ☐ Wet wipes & a small towel | ☐ A treat for the hard moment |
| ☐ Bib or bag for rubbish | ☐ Spare snack (always one more than you think) |

FAMILYDECODE

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- Feelings & calm-down tools
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- Milestone & potty trackers
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