

# TSA-APPROVED HEALTHY SNACKS

## PROTEIN/FAT

ROASTED  
CHICKPEAS



NUT BUTTER  
PACKETS

DRY-ROASTED/  
RAW NUTS



INDIVIDUAL  
HUMMUS CUPS

## FRUIT & VEGGIES



BAKED  
VEGGIE CHIPS

CARROT STICKS



FRESH FRUIT

UNSWEETENED  
DRIED FRUIT



## WHOLE GRAIN CARB

HIGH FIBER  
CEREAL



AIR-POPPED  
POPCORN

INSTANT  
OATMEAL



WHOLE GRAIN  
CRACKERS

## A BIT OF EVERYTHING



UNSWEETENED  
TRAIL MIX

BARS MADE  
WITH REAL  
FOOD



PB & J ON  
WHOLE GRAIN  
BREAD