

Let's Taste It! Plan, Shop, Pack List: Trail Mix

Ingredients

- Small pretzels
- Whole grain cereal such as Wheat Chex® or Cheerios®
- Dry roasted peanuts
- Raisins

Prepare before class

- Make Trail Mix.
- Store Trail Mix in a container with a tight-fitting lid to transport to class.
- Print copies of the recipe (1 for each participant).

Equipment

- None

Disposable Supplies

- Napkins
- Plastic spoons
- Small plastic/paper cups

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Dish soap
- Sanitizing wipes or spray
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____
Group Name: _____
of participants in group: _____ **Date of lesson:** _____
Notes: _____
