

ULTIMATE SNACK GUIDE

Whether you are going on a road trip for vacation, or the king/queen of carpool – here are the best car snacks! They won't melt in the 90-degree weather and be rock hard in the 0-degree weather!

1



2



3



4



5



1. Quest Protein Chips / 2. Mini Chomp Stick / 3. The Only Bean Dried Edemame / 4. Blue Diamand Dark Chocolate Almonds / 5. Annie Chun's Seaweed Snack

-Alicia Fanelli, MPH, RD, CSOWM