

kids

VS. PLASTIC

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YOUR PLASTIC-FREE GUIDE TO

BY ELLA SCHWARTZ

SNACKS

Chew on these three ideas for plastic-free snacking.

1

TRAIL MIX

Just mix all your favorite treats from the bulk section of the grocery store together in a bowl, then eat! You can even sprinkle your mixture with sea salt, cinnamon, or another of your favorite spices for more flavor. Check out these ideas for ingredient inspiration.

- ☐ Pretzels
- ☐ Nuts like almonds, pistachios, walnuts, or peanuts
- ☐ Pumpkin or sunflower seeds
- ☐ Dried fruit like apricots, raisins, or banana chips
- ☐ Chocolate chips
- ☐ Whole-grain cereal
- ☐ Shredded coconut

2

STOVETOP POPCORN

Pick up a paper bag full of popcorn kernels from the bulk section of the grocery store, some cooking oil, and a big pot with a lid. Make sure to get a parent's help with this recipe.

- ☐ Pour a splash of oil into the pot, using just enough to cover the bottom.
- ☐ Grab a parent and heat the pot on the stovetop over medium heat.
- ☐ Pour in enough popcorn kernels to create one layer along the bottom of the pot.
- ☐ Cover the pot with the lid.
- ☐ After a few minutes, listen for popping sounds. When the popping slows, remove the pot from the burner, take off the lid, and put the popcorn into a bowl.
- ☐ Top off your treat with salt, melted butter, or other spices.

3

BAKED APPLES

Turn this packaging-free fruit into a special snack with brown sugar, butter, and cinnamon. Make sure to get a parent's help with this recipe.

- ☐ Grab a parent and preheat the oven to 350°F. (You can also use the microwave.)
- ☐ Cut the apple in half, then scoop out the core.
- ☐ Put the apples in an oven-proof baking dish, then spread a tablespoon of brown sugar and a tablespoon of butter on the inside of each apple half. Then sprinkle the apples with cinnamon.
- ☐ Bake the apples in the oven for about half an hour, in the microwave for about three minutes, or until the fruit softens.

ELENA VESELOVA / SHUTTERSTOCK (TRAIL MIX); MELICA / SHUTTERSTOCK (POPCORN); MAKIS NARODENKO / SHUTTERSTOCK (APPLE)

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