

MAKE YOUR OWN MUNCH MIX

Get the party started by letting your friends create their own crunchy mix. Have each person check off the foods they want to include, then mix up and enjoy.

Step 1: Sweet

Experiment with other dried fruit too!



raisins



dried apricots



dried cranberries

Step 2: Munchy

Try other nuts and seeds too!



popcorn



sunflower seeds

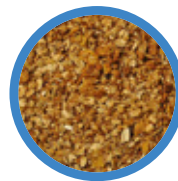


almonds

Step 3: Crunchy



whole-grain Cheerios™



Grape Nuts®



whole-grain Chex™

Step 4: Mix and enjoy!



Allergy alert: Some kids are allergic to certain nuts or seeds. Check with your friends and family before serving.