# Do-It-Yourself Trail Mix Bar

A fun twist on the traditional potluck! Everyone brings one or two ingredients to create a buffet style bar. Simply write your name next to the ingredient you would like to bring!

## HEARTY GRAINS
- Cheerios: __________________________
- Wheat Chex: _______________________
- Rice Chex: _________________________
- Popcorn: __________________________
- Mini Pretzels: ____________________
- Whole Grain Crackers: ______________
- Other: ____________________________

## CRUNCHY ADD-INS
- Almonds: __________________________
- Peanuts: __________________________
- Cashews: _________________________
- Walnuts: __________________________
- Pecans: __________________________
- Pumpkin Seeds: ____________________
- Sunflower Seeds: __________________
- Other: ____________________________

## FRUITY ADDITIONS
- Dried Cranberries: _________________
- Raisins: __________________________
- Golden Raisins: ___________________
- Dried Apricots: ____________________
- Dried Apple Chunks: ________________
- Other: ____________________________

## BEVERAGES
- Water: _____________________________
- Fruit Infused Water: ________________
- Unsweetened Iced Tea: ______________
- Tea and Hot Water: _________________
- Coffee: ___________________________
- Other: ____________________________

*Please be aware of dietary restrictions, allergies and choking hazards.*