An autumn snack-mix station with ingredient labels

Set up a self-serve autumn snack-mix station where each dry snack keeps its own container and scoop. Six printable jar labels have lines for the food name, the ingredients and the 'Contains' statement copied from each package, and the date the package was opened.

What you need

- Four clean, dry, lidded containers for dry snacks
- A separate scoop for each container
- Small bowls or cups for guests
- The original snack packages, kept for ingredient and allergen details
- Printed labels from this guide, scissors and tape
- Pen

1. Give each snack its own container

Set out cereal, pretzels, dried cranberries and pumpkin seeds in separate clean, dry containers, and let guests combine their own mix in a bowl. Keep the original packages nearby so guests can read the full ingredients and allergen statements.

2. Fill in one label per container

Copy the food name and ingredients from the package, and copy its 'Contains' statement if it has one. Write the date you opened the package and tick whether the package is kept at the station. Refilling does not create a new expiry date; the package's date still applies.

3. Use one scoop per container

Give every container its own scoop and set out small bowls so scoops and hands do not move food between containers, following FDA's clean and separate steps. Finish or store an older batch before opening a new package rather than mixing them. Do not call the station free of any allergen: shared bowls and hands can carry food across.

4. Plan for young children

CDC lists pretzels, whole or chopped nuts and seeds, and uncooked dried fruit such as raisins as choking hazards for young children. Offer them a separate, age-suitable snack instead of the station mix.

Important

Copy ingredients and 'Contains' statements from the package, not from memory, and keep the package nearby. A label cannot make a shared station allergen-free.

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Print at 100% (actual size). Cut along the solid outlines and tape each label to the outside of its container.

Snack station

Food: _____

Ingredients (from package): _____

_____

_____

_____

Contains (from package): _____

Date opened: _____

Package kept at station: ☐ Yes ☐ No

Snack station

Food: _____

Ingredients (from package): _____

_____

_____

_____

Contains (from package): _____

Date opened: _____

Package kept at station: ☐ Yes ☐ No

Snack station

Food: _____

Ingredients (from package): _____

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Package kept at station: ☐ Yes ☐ No

Snack station

Food: _____

Ingredients (from package): _____

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Contains (from package): _____

Date opened: _____

Package kept at station: ☐ Yes ☐ No

Snack station

Food: _____

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_____

_____

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Tips and disclosures

• Follow each package's storage directions and close the containers between refills.

• Tape each label to the outside of its container where it stays readable without touching the food.

• The optional cereal containers are storage, not a freshness guarantee. Free printable, no account or purchase needed. The optional cereal container set link is a disclosed Amazon affiliate link; check the selected option, dimensions and care instructions. Popularity is not a guarantee of suitability.

Notice: AI concept illustration

Original AI editorial illustration of a design concept, not a photograph of this snack station or of the linked product. Exact colour, capacity, fit, heat limits and results are not established by the image; check the manufacturer's specifications before buying.

Sources

Main source: FDA: safe food handling

FDA: Safe Food Handling
https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling

CDC: Choking Hazards
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

Source note: FDA's clean and separate steps support separate, clean utensils. Choking-hazard foods are from CDC: https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html
The labels copy each package's own ingredient and 'Contains' information; they cannot make a shared station allergen-free.