Pack a small snack without a large container set

small-snack capacity worksheet. No purchase or signup required.

Measure the snack you actually pack

Choose one snack and measure its approximate volume using a kitchen measure. A 24-ounce container describes capacity, not a serving recommendation.

Separate dry and chilled ingredients

Keep crackers dry in a separate food-safe bag or container. Pack perishable items cold and use an insulated bag with at least two cold sources when refrigeration is unavailable.

Count bases and matching lids

Check five bases and five lids against the selected listing. Use a container you already own first, and record whether the packed container fits your bag upright.

YOUR PLAN

Snack _____

Approximate volume _____

Separate dry item _____

Bag fit _____

Chilling plan _____

Planning aid. Follow actual product labels and the safety notes in the full guide.