Pack peanut-butter yogurt and fruit in separate containers

Ingredient and portion packing card. No purchase or signup required.

Start with one snack serving

Use plain yogurt, a spoonful of peanut butter suited to the eater's preferences, and washed, dried fruit. Peanut butter is an allergen; use a suitable alternative only if safe for the person eating it.

Keep fruit and yogurt separate

Stir the peanut butter into the yogurt if you want a dip, then pack it in a separate sealed cup. Keep fruit in another container rather than mixing it far in advance.

Chill and serve

Refrigerate the yogurt mixture until needed. Pack a spoon and a cold source for transport. Use this worksheet to plan the snack portions and transport arrangement.

YOUR PLAN

Ingredient _____

Quantity chosen _____

Allergen check _____

Container _____

Cold source _____