



TRAIL MIX

Encouragement Trail Mix Bar

A Tasty Treat your Team will Enjoy!

Build a Trail Mix Bar that blends snacks and smiles! An Encouragement Trail Mix Bar is a creative, affordable way to show appreciation for teachers, staff, volunteers, or any hardworking team. Each ingredient symbolizes encouragement, teamwork, and a reminder that together, we make something wonderful! Guests can scoop a little of everything to create their own custom mix — a sweet way to say “thank you” for all they do.

When to Host an Encouragement Trail Mix Bar

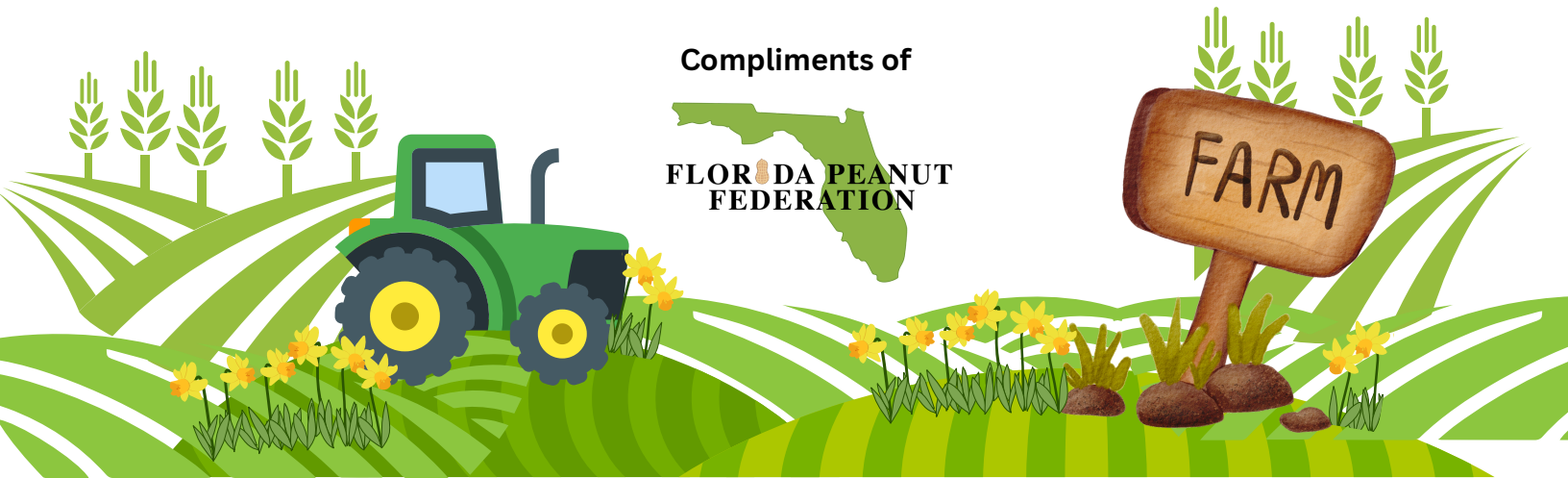
- Staff Recognition Day
- Teacher Appreciation Week
- Volunteer Thank-You Events
- Employee Wellness Days
- Team Building & Meeting Days
- Back-to-School Events
- Faith, Civic, Community Gatherings
- Any day your group needs a morale boost!

Helpful Tips for Success

- Pick a Theme – Choose tablecloths, labels, and décor in your colors
- Keep it Simple – Use large bowls or jars to hold ingredients
- Label Creatively – Add fun signs like “You’re the Peanut to Our Butter!”
- Add Encouraging Notes – Place small cards beside ingredients with messages like “You’re essential!” or “You make life sweeter!”
- Plan for Allergies – Clearly label items that may be allergens
- Serve with Love – Have cups or treat bags ready so each guest can scoop and go!

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Add a sign that says something like:

"This Trail Mix Bar is a reminder - we are all different, but together, we make something amazing. Thank you for being part of what makes this place special!"

Supply Checklist

- Bowls or jars for each ingredient
- Scoops or large spoons (1 per bowl)
- Cups or small bags for guests
- Napkins and table coverings
- Beverage station (optional)
- Thank-you posters or tabletop signs
- Labels for each ingredient
- Trash bins or containers nearby

Ingredient Quantities

based on average serving size of 1 cup per person (about 4 oz)

# Guests	Total Ingredients	If using 5 Ingredients	8 ing	15 ing
50	7-10 pounds	40 ounces per ingredient	25 oz per	13 oz per
100	14-18 pounds	80 ounces per ingredient	50 oz per	27 oz per
200	30-35 pounds	160 ounces per ingredient	100 oz per	50 oz per
300	about 45 pounds	240 ounces per ingredient	150 oz per	80 oz per

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Choose your Trail Mix Adventure

From basic blends to deluxe creations, these versions make it easy to build the perfect trail mix bar. Use your imagination to add in company/school colors and themed items to increase the fun and flair!

SIMPLE

Roasted, Salted Peanuts
Peanut Butter Chips
Peanut M&Ms
Goldfish Crackers
Raisins or Craisins

SIGNATURE

Reese's Peanut Butter Puffs
Cereal
Cheez-Its
Gummy Bears
Peanut M&Ms
Peanut Butter M&Ms
Sunflower Seeds
Sesame Sticks
Peanut Butter filled Pretzels

DELUXE

Reese's Pieces
Banana Chips
Peanut Butter filled Pretzels
Peanut Butter M&Ms
Rye Crisps
Pumpkin Seeds
Goldfish Crackers
Roasted, Salted Peanuts
Craisins
Mini Marshmallows
Gummy Bears
Reese's Puffs Cereal

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Fun Ingredient Nicknames

Here are a few names to consider for your ingredient tags:

Peanut Ingredients

- Roasted, Salted Peanuts → "Power Peanuts"
- Peanut M&Ms → "Confidence Crunchers"
- Peanut Butter M&Ms → "Bravery Buttons"
- Peanut Butter (baking) Chips → "Cheer Chips"
- Peanut Butter Filled Pretzels → "Positive Pretzels"

Chocolate & Sweet Treats

- Mini Marshmallows → "Kindness Clouds"
- Chocolate Chips → "Encouragement Drops"
- Reese's Pieces → "Happy Helpers"
- Gummy Bears → "Supportive Sidekicks"

Cereals & Crunchies

- Reese's Peanut Butter Puffs → "Positivity Puffs"
- Corn Puffs Cereal → "Courage Puffs"
- Cinnamon Crunch Cereal → "Motivation Munchies"
- Cheez-Its → "Champion Cheezies"
- Goldfish Crackers → "Leadership Fishies"
- Oyster Crackers → "Optimism Oysters"
- Rye Crisps → "Resilience Rounds"
- Sesame Sticks → "Support Sticks"
- Bugels → "Victory Horns"

Seeds & Fruits

- Sunflower Seeds → "Shine Seeds"
- Pumpkin Seeds → "Potential Seeds"
- Raisins → "Reach-High Raisins"
- Craisins → "Courage Craisins"
- Banana Chips → "Believe-in-You Bananas"

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