



Movie Night Snacklist



Warm sips

- ☐ Hot chocolate (e.g., Ritonka)
- ☐ Chai / spiced tea
- ☐ Herbal tea (peppermint)
- ☐ Herbal tea (chamomile)
- ☐ Warm milk with honey

Salty

- ☐ Popcorn (sweet or salty)
- ☐ Nacho chips
- ☐ Pretzels
- ☐ Mixed nuts
- ☐ Crackers

Sweet

- ☐ Chocolate squares
- ☐ Cookies/biscuits
- ☐ Mini marshmallows
- ☐ Fruit gummies
- ☐ Brownie bites

Fresh & crunchy

- ☐ Apple slices
- ☐ Pear slices
- ☐ Grapes
- ☐ Berries
- ☐ Carrot sticks

Dips & toppings

- ☐ Hummus
- ☐ Guacamole
- ☐ Caramel sauce
- ☐ Chocolate sauce
- ☐ Whipped cream

Notes:

- Light a candle and dim the lights for instant cozy.
- Set out a tray, extra mugs/spoons, and napkins.
- Pre-warm the kettle or milk so refills are easy.
- Put phones on Do Not Disturb (or face-down) to stay in the moment.
- Tiny ritual: take 5 slow breaths before you press play.