AVA TRAVELS™ Kids



Ava Chooses a Snack

A gentle story about choices, asking questions, and snack time in the sky.



A ride in the sky

Ava sat next to Mom on the airplane. Her seat belt was buckled. Wings rested in her lap. Ava looked out of the window. The clouds looked like soft white pillows.



Someone says hello

A flight attendant stopped beside their row. “Hello! Would you like a snack or a drink?” she asked. Ava looked at Mom. She had not chosen a snack on an airplane before.



A little time to choose

“What drinks do you have?” Ava asked. The flight attendant named the choices. “Water, please,” Ava said. Mom smiled. “You can ask a question before you choose.”



What is in the packet?

The flight attendant showed Ava a snack packet. “Can we look at it first?” Mom asked. “Of course,” she said. Mom read the ingredients. Ava waited with Wings.



My choice

“This snack is okay for you,” Mom said. “Would you like it, or the snack we packed?” Ava chose the airplane snack. “Yes, please.” She could also have said, “No, thank you.”



A small sip

The flight attendant put Ava’s water on the tray. Mom helped her hold the cup. Ava took a small sip. Her seat belt stayed buckled. “Thank you,” she said.



Help with the wrapper

The packet was hard to open. “Can you help me?” Ava asked. Mom opened it. Ava took a bite. She did not have to eat it all. She could stop when she wanted.



I can ask

Ava had asked a question, made a choice, and asked for help. Later, the flight attendant collected the empty cup. Mom helped Ava put up her tray. Wings was ready for the rest of the ride.

I can ask. I can choose. I can say no, thank you.

For grown-ups

Snacks and drinks vary by airline and flight, and service can pause for safety. Bring suitable familiar food, check ingredients for your child, and tell the crew about allergies. A child can decline an offer.