



## Pack a Picnic

Eat outside! Play outside! Have fun and create memories this summer.

Bring along a variety of easy to eat foods:

- Sliced meat or cheese
- Hummus or fruit flavored yogurt
- Whole wheat crackers, bread, tortillas or pitas
- Bananas, berries, cherries, plums, peaches or apples
- Carrots, snow peas, cucumber slices or cherry tomatoes



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