



Packa 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



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.





Packa 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



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.