

pack a picnic

*Staying home? Pack a picnic.
Eat outside! Play outside! Have fun close to
home and create memories this summer.*

Bring along easy to eat foods:

- sliced meat or cheese
- hummus or 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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prepara un picnic

*¿Te quedas en casa? Prepara un picnic.
¡Coman afuera! ¡Jueguen afuera!
Diviértete cerca de tu casa y
crea recuerdos de este verano.*

Lleva comidas fáciles de comer:

- carne o queso en rodajas
- hummus o yogurt
- galletas integrales, pan, tortillas o pitas
- bananas, frutos rojos, cerezas, ciruelas, duraznos o manzanas
- zanahorias, arvejas, rodajas de pepino o tomates cherry



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