

Camp Snack Game Plan

These days, it can be tough when deciding what snacks are the best and healthiest options to pack for camp. Here are a few tips to help you find tasty and healthy snacks your child can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- > Orange & apple wedges
- > Fresh peaches, pears, watermelon or other seasonal fruit
- > Dried fruit, nuts and raisins
- > Bananas, grapes & strawberries
- > Fruit cups (packed in juice) or sugar-free applesauce
- > Water - no need for sugar-packed drinks



GRAB & GO - THE PRICE IS RIGHT!

Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a week's worth of snacks (10 snacks).

Healthy Snack - Total = \$4

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > Water from the tap in a reusable bottle - FREE!

Typical Snack - Total = \$7

- > Mini bags of cookies (12 pack) - \$4
- > One box of drink pouches (10 packs in each) - \$3



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