

Camp Snack Game Plan

These days, it can be a 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 -

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

Total = \$4

Typical Snack -

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

Total = \$7



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