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TRACK'S Snack Pack

Pro-Tip:
Bring a Bandana!
A BANDANA MAKES A GREAT NAPKIN, A CLEAN PLACE TO PREPARE YOUR FOOD, OR A DRY SPOT TO SIT.



HIKING THE TRAILS CAN WORK UP AN APPETITE. THESE HEALTHY & PORTABLE FOODS WILL HELP YOU REFUEL SO YOU CAN GET BACK TO EXPLORING!

Use this checklist menu to build your own snack pack.



Veggie Sticks

VITAMINS & FIBER
BUILDS A HEALTHY BODY AND IMPROVES DIGESTION.

- CARROTS
- CELERY
- BELL PEPPER
- CUCUMBER



Dried Fruit

SUGAR, FIBER, & VITAMINS
FAST ENERGY, WHILE VITAMINS BUILD HEALTHY BODY SYSTEMS.

- RAISINS
- APPLE CHIPS
- BANANA
- CHIPS
- APRICOTS



Nuts & Seeds

PROTEIN & FATS
BUILDS MUSCLES AND BOOSTS ENERGY.

- CASHEWS
- ALMONDS
- PISTACHIOS
- PECANS
- SUNFLOWER
- PUMPKIN



DON'T FORGET! Water

EVERY PART OF YOUR BODY NEEDS WATER TO WORK ITS BEST.

