

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 and raisins
- Bananas, grapes & strawberries
- Fruit cups (packed in juice) or unsweetened applesauce
- Ice cold water - no need for sugar-packed sport 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

