

Summer Fun SHOPPING / PACKING LIST

INSTRUCTIONS:

Summer fun activities like the pool, the park, the zoo and the bike rides require you to think on your toes as to how to fuel the fun! What you don't want is heavy, processed, complicated food. We've got you covered. Pack your cooler full of these yummys and have a blast! Look for no added sugar or unreadable ingredients when you get to the dry section.

PRODUCE

Grapes	
Berries	
Cherries	Carrots
Apples	Cucumbers
Pears	Celery
Peaches	Sweet Peppers
Grapes	Cherry Tomatoes
Berries	Broccoli
Oranges	Bell Peppers
Bananas	
Melon Slices*	

DRY

Terra chips	Sunflower Seeds
Popcorn	Almonds
Pretzels	Trail Mix
Pistachios	RXBars
Trail Mix	Crackers
Cashews	Pita Chips
RXBars	Rice Cakes
Peanut Butter	Edamame
Packs	Jerky

DELI

Lunch meat	Coconut Water
Hummus	Green Juice
Hard-boiled Eggs*	Water
String Cheese	Green Tea
Pickles	