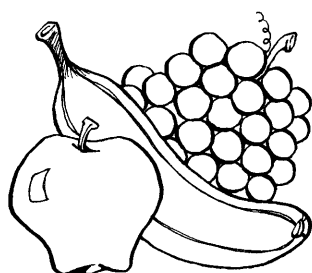
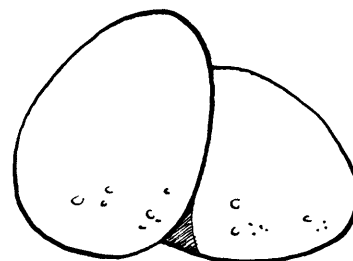


Healthy Poolside (Lakeside or Oceanside) Snacks

Keep All snacks in a cooler, until ready to eat

Hard Boiled Eggs - A nutritious treat in a special package that is easy to store in a cooler.

The children will enjoy cracking and removing the egg shell. Good fine motor activity.



Fruit - Fresh fruit is always refreshing on a warm day. Pick fruits that can be easily sliced or peeled when it is time to eat. Ideas: Bananas, apples, oranges, grapes, or raisins

Juice Pops - Fill paper cups about 1/2 to 3/4 full of juice. Individually cover each cup with plastic wrap. Poke a popsicle stick in the cup through the plastic wrap. Freeze the cups. Remove the plastic wrap and pull the frozen juice out of the cup with the popsicle stick. Enjoy!

Veggies and Dip - Slice carrots, celery and cucumbers. Bring a container of dip or ranch style dressing. The children can have a quick snack by dipping the veggies.

