



# TRACK'S SNACK PACK



[www.kidsinparks.com](http://www.kidsinparks.com)

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



## Veggie Sticks

VITAMINS & FIBER  
BUILDS A HEALTHY BODY  
AND IMPROVES DIGESTION.



DON'T FORGET!

## Water

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



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



**Nuts & Seeds**  
PROTEIN & FATS  
BUILDS MUSCLES AND  
BOOSTS ENERGY.

