

## TRACK's Snack Pack

Use this checklist



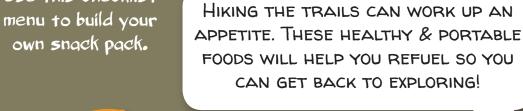
A BANDANA MAKES A GREAT NAPKIN, A CLEAN PLACE TO PREPARE YOUR FOOD, OR A DRY SPOT TO SIT.





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

