



Pack Food To-Go!

Holiday weekends provide an opportunity to get outside and go on a picnic. Packing a brown bag or a cooler makes it possible to eat as you go. By taking nutritious meals and snacks, you save time and money. You don't have to depend on vending machines, convenience stores or fast food restaurants if you pack it to-go!

Take foods from all five food groups and remember to keep cold foods cold—freeze water in plastic bags ahead of time or use insulated bags. Keep cut-up veggies in the cooler so they will be crisp when you are ready to munch. Yogurt, cheese and sandwiches will please everyone on the outing.

Plan time to hike, ride bicycles or even camp-out in your own backyard! Exercise always makes the food taste better and you'll feel better too!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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