
CAMPING

A fun way to have a healthy vacation

Healthy Camping Foods:

There are lots of ways to eat healthy meals and snacks when you camp. Here are a few ideas...

- Pack sturdy fruits and vegetables. This is not the time for delicate produce. Choose fruits and vegetables that hold up well in less-than-ideal conditions. Apples, carrots, oranges, and snap peas all do well on camping excursions.
- Steer clear of sodium! When it comes to packaged foods like hot dogs and prepared dinners, check the Nutrition Facts label and choose the options with the least amount of sodium. Pack some spices to add flavor to your food instead.
- Choose cereal bars with whole grains and low added sugar content.

Get Active When You Camp:

There are lots of ways to take an active vacation, and camping is one of the best. Whether you're backpacking into the woods with a tent or renting a cabin by a lake, your proximity to the great outdoors offers plenty of opportunities for some exercise.

Hiking, for example, is a great way to explore the area and get active at the same time. Check out nearby mountains and scenic spots on foot — you'll be glad you did.

If you camp near a lake or river, consider water sports. Kayaking, canoeing, swimming, and stand-up paddle boarding all offer fun ways to play outside and get some exercise too! Be sure to take precautions and make safe choices whenever you're on the water.

