

Pack Power Snacks

To Fuel up at Bag Ups

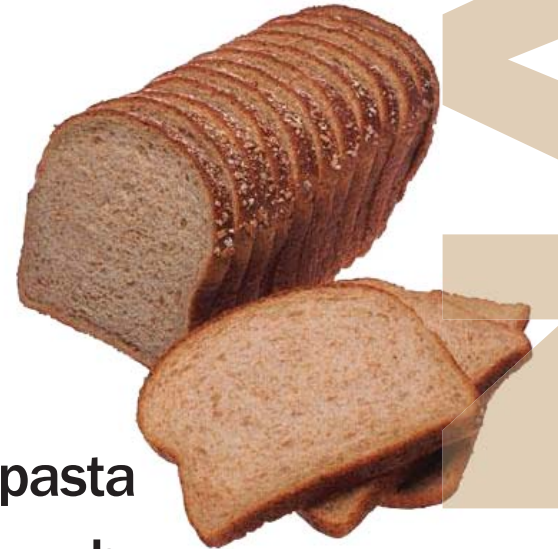
For each mini-meal, choose 1-2 items from each group - and plenty of fluids (at least 2 cups per hour of work).



Carb and Protein Combo

Bread, bagel, bun, tortilla, pita, muffin, potatoes, rice, or pasta

Plus meat, chicken, cheese, hard-cooked egg, nut butter, or hummus



Fresh Fruit and Veggies

Apple, orange, pear, chunks of melon

Carrot, cucumber, green or red pepper sticks

Pocket Treats

Hard candies, jujubes, gummy bears, licorice



Don't forget a snack for the drive back to camp, unless you'll be eating dinner within 1 hour of finishing planting today.