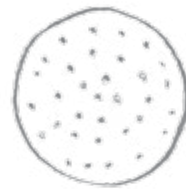


Summer Adventures Camping

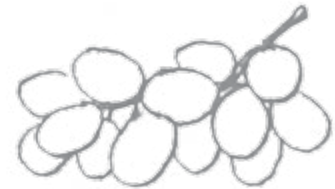
Set your camp-sights on these fun, healthy

Campfire Crackers!

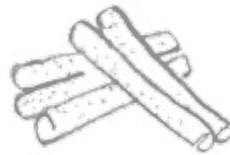
INGREDIENTS



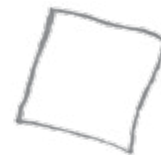
Whole-wheat crackers
(for the ground)



Grapes
(for the stones)



Pretzel sticks
(for the wood)



Low fat cheese
(for the flames)

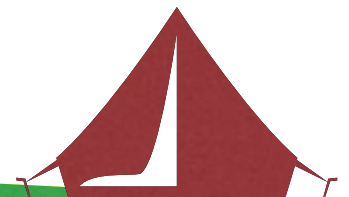
SERVES

As many as you want!

INSTRUCTIONS

Be a happy camper! See who can smile the biggest before you start cookin'.

1. After you gather your supplies, let's make the fire pit! Cut your grapes in half and place them in a ring around your cracker.
2. Next... fire time! Cut some flames on one end of a piece of cheese, then place it in the middle of your grapes.
3. Add your wood by placing pretzel sticks around the cheese.
4. Feast! Be sure to fill your canteens up with healthy, hydrating water, too!

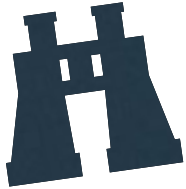


DON'T FORGET TO GET 60!

Kids need 60 minutes of activity every day... or night! Go camping in your backyard or living room tonight. Before you zip up in your sleeping bag, play a game of hide-and-seek!

For more healthy summer adventures, trail over to

Summer Adventures Camping



FILL-IN-THE-BLANK CAMPFIRE STORY

Late one summer night in the woods of _____,
(city)

a _____ and a _____ were _____
(noun) (noun) (activity/-ing)

around the campfire. After 60 minutes, they got
hungry for some _____, so they _____
(fruits/veggies) (verb/past tense)

to their _____ tent to eat. As they approached the
(adjective)

tent, they heard _____ coming from inside.
(sound)

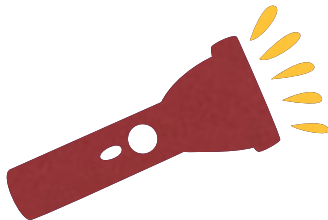
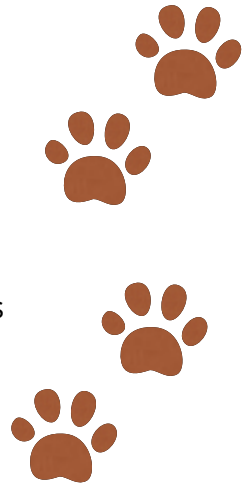
Scared, they shouted, “ _____!”
(phrase)

They waited for _____, but there was
(number) (unit of time)

no answer. So they opened the tent and saw a
_____ eating their _____!
(adjective) (animal) (fruits/veggies)

The _____ away, leaving only _____
(same animal) (verb/past tense) (number)

_____ behind.
(fruits/veggies)



For more _____ activities and recipes, visit
(adjective)