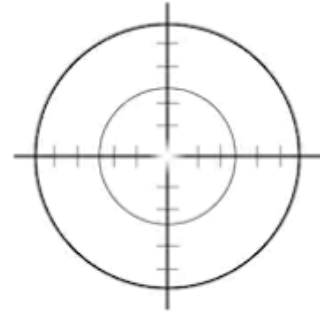


# HEALTHY HUNTER

## SNACK CHECKLIST

Stay healthy and hydrated this hunting season. Add some of these healthy snack ideas to your grocery list to pack with your hunting gear.



- Eat a light, balanced meal prior to heading out to hunt
- Hydrate with water or an electrolyte beverage before, while, and after hunting
- Bring healthy snacks that include lean protein, healthy fats, and whole grains

- |  |   |
|--|---|
| <input type="checkbox"/> Nuts                  | <input type="checkbox"/> Hard boiled eggs |
| <input type="checkbox"/> Seeds                 | <input type="checkbox"/> Energy bites     |
| <input type="checkbox"/> Water                 | <input type="checkbox"/> Protein bars     |
| <input type="checkbox"/> Electrolyte Beverages | <input type="checkbox"/> Vegetables       |
| <input type="checkbox"/> Beef jerky            | <input type="checkbox"/> Fruit            |
| <input type="checkbox"/> Granola bars          | <input type="checkbox"/> Trail Mix        |
| <input type="checkbox"/> Cheese Sticks         |   |

