

HEALTHY BEACH PICNIC ESSENTIALS

@nutritionbymia

FOOD

- Sliced fruit
- Sliced veggies
- Hummus
- Goat cheese
- Finger sandwiches

DRINK

- Bottled San Pellegrino
- Bottled water
- Bottled infused water

PERSONAL

- Sunscreen
- Sun hat
- Sunnies
- Umbrella

MISC.

- Paper plates
- Disposable utensils
- Napkins
- Small cutting board
- Knife for cutting cheese
- Moist towelettes
- Plastic bag for garbage

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