



### Summer

Summer is nearly here! There's nothing better than spending a day at the beach enjoying the sun.

So you've packed your car? You've got sunglasses, towels, sunscreen, a change of clothes, beach chairs, an umbrella, and the beach cricket set. Have you forgotten anything? It's going to be hot so you'll need something to drink to stay hydrated, and you're going to be out all day so you're going to get hungry. Pack a cooler to avoid the temptations of buying fish and chips, ice-cream and soft drink at the beach! You'll also save yourself some money, and feel better for it too!

First things first, make sure you've got some ice-packs for your cooler. Load the cooler up with bottled water, salad rolls, nuts, yoghurt, dip, crackers, and fresh fruit. Where possible, divide your food into individual serves using resealable plastic bags, this will help you control your portions and keep out unwanted sand!

***VIS Sports Dietitian, Kylie Andrew***