

HEALTHY EATING WHILE ON HOLIDAYS



**Five Hills
Health Region**

Healthy People – Healthy Communities

Plan meals and snacks before leaving home!

When hitting the road for summer holidays, take the healthy route by planning meals and snacks before leaving home.

This will ensure that you make healthy food choices as well as keep money in your pocket for other holiday spending!

For 'Healthy Summer Eating on the Go' tips,

[click here.](#)