

Summer tastes Googii!



Do You remember about everything while packing for the beach?

- Towel: checked
- Swimming suit: checked
- Sunscreen: checked



But remember:

While you are enjoying your time on the beach some or your food might get warm and not safe to eat anymore. These products you should avoid to enjoy fully your time on the beach:

- Sandwiches with perishable ingredients
- Cheese, ham
- Perishable dairy products (yoghurts, pudding)

But what about a good and healthy snack? Here are some ideas , what could you pack into your bag:

- Fresh or cut fruits apple, banana, melon, papaya, mango, watermelon, grapes, pear
- Veggie sticks or fresh vegetables carrot, celery, paprika, cucumber, tomato, radish
- Nuts and dried fruits
- Sandwiches with dark bread or whole grain wraps
- Salads
- Water



214 kcal



156 kcal

CEIDSS

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