

Medi-Share Health Coaches' Healthy Picnic Swaps!



Karen S

Instead of hot dogs, try **“angel eggs”**!

Instead of brownies, try **oatmeal raisin cookies**.

Instead of blueberry pie try **a berry parfait with nonfat yogurt**.



Megan M

Instead of traditional potato salad, try this **Broccoli Salad**.

Instead of sweet tea and sugary lemonade, try **unsweet tea-lemonade mix**.



Angela D

Instead of sweet tea and sugary lemonade, try **carbonated water with flavour**.

Instead of brownies, make **black bean brownies**.



Lisa E

Instead of potato salad, try **broccoli salad (with raspberry vinaigrette dressing, raisins and salt-free sunflower seeds)**.

Instead of blueberry pie, try **fruit salad!**



Amy S

Instead of blueberry pie try **red white and blue nice cream with blueberries and strawberries**.

Instead of brownies, try **a chocolate banana muffin - recipe attached!**



Laurie B

Instead of traditional potato salad, try **light Greek pasta salad or cauliflower “potato” salad**.

Instead of blueberry pie try **frozen yogurt fruit cups**.



Nikki L

Instead of fried chicken, try **a grilled mushroom sandwich**.

Instead of hot dogs, try **grilled corn on the cobb**.

Instead of traditional potato salad, try **summer bean salad**.



Gina H

Instead of blueberry pie try **a patriotic fruit tray**.

Instead of sweet tea and sugary lemonade, **cucumber and mint ice water**.