

JUNE GREAT OUTDOORS MONTH

SOUTHERN LAND
COMPANY

Explore the Great Outdoors This Summer!

What better way to enjoy summer than by exploring the beauty of national parks? The National Park Service manages over 400 recognized parks across the U.S., including 63 formally designated National Parks such as Acadia, Yellowstone, and the Grand Canyon. While many major parks may require a long drive or flight, there could be one closer than you think making for a perfect day trip with family, friends, and even your pet. National parks are not solely about hiking trails and trees. The National Park System encompasses battlefields, memorials, monuments, rivers, and reserves, providing a diverse range of outdoor activities.

Click [HERE](#) to locate a park near you and discover fun activities for you and your loved ones!

Plan Ahead

If you are heading to a park this summer, preparation is key, especially in the heat! Be sure to pack the following items to ensure a safe and enjoyable adventure:

- Plenty of fluids and snacks:
 - Water and electrolyte drinks
 - Hydrating snacks such as fruits and vegetables
 - Energy-boosting foods such as meats, cheeses, hard-boiled eggs, energy bars, and nuts
- Other essentials:
 - SPF 30+ sunscreen (be sure to reapply every 80 minutes)
 - Bug spray
 - First-aid kit containing essentials such as band-aids, wipes, pain relievers, tape, scissors, tweezers, and more
 - A light, packable rain jacket or umbrella in case of rain

No-Bake Peanut Butter Energy Bites

These are the perfect park snack. Easy to make, portable, packed with nutrients, and perfect for fueling your outdoor adventures!

- 1 ½ cups rolled oats
- 1 cup creamy or crunchy peanut butter or almond butter (for a nut free option!)
- ½ cup honey
- Add-ins: ½ cup mini chocolate chips, plus a pinch of sea salt and a dash of vanilla. For extra crunch, you can also toss in 2-3 tablespoons of chia, flax, or pumpkin seeds.

Preparation Steps

1. Place all ingredients into a large mixing bowl.
2. Stir thoroughly until the mixture binds together into a thick, sticky dough.
3. Place the bowl in the refrigerator for 15-20 minutes to make the dough easier to handle.
4. Scoop out tablespoon-sized portions and roll them into compact balls.
5. Pack them in an airtight container for the park. Keep them in a cooler if it's an especially hot day!

Sources:

- <https://www.nps.gov/index.htm>
- <https://www.nps.gov/planyourvisit/recreation.htm>
- <https://healthylearn.com/connerstrong/hn/store-picnic-food-safely.html>

PLEASE NOTE: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.