

## Great Food for Your Next Backyard Adventure

Millions of individuals and families retreat to their backyards. While backyards are nice all throughout the year, they are even better in the summertime. To make the most out of your next backyard adventure, you are encouraged to think about what foods, if any, you will have on hand.

When most individuals think of backyards and food, a backyard barbeque often comes to mind. If you and your family are interested in having a backyard barbeque, you will have to decide on the foods in which you would like to cook. If you have a large family or a few picky eaters, you may want to ask your children for suggestions. Suggestions will help to make sure that you have food that everyone will enjoy.

While many families have their own backyard barbeques, there are others who decide to turn their barbeque into a party. If you are interested in having a backyard barbeque party, you may have to purchase a large amount of meat. Whether you are cooking for your family or a large group of people, it may be a good idea to purchase your meats in bulk. Most supermarkets, in the United States, charge less for items purchased in large quantities. If you if you are unable to use all of the meat that you purchased, you should be able to use it on another occasion.

In addition to meat for the grill, it is also important to consider side dishes. If you are having a large gathering, you may find it easier to purchase your side dishes pre-made. Pre-made side dishes, such as macaroni salads and fruit salads, are available for sale at most supermarkets. The only problem that you may find is that pre-made side dishes tend to be more expensive, when compared to preparing them yourself. Therefore, if you are looking to save money or if you only need a small amount of food, you may want to consider preparing your own side dishes.

As previously mentioned, many families have a backyard cookout or barbeque party; however, not everyone does, especially all of the time. Whether you and your family are just interested in playing outside for a short period of time or you aren't in the mood to cook a large meal, it may still be a good idea to have a collection of snacks on hand. On hand snacks are ideal during the summertime, especially for those who are actively participating in a number of outdoor activities.

Dry snacks are ideal for a number of different backyard activities. Most dry snacks are easy to eat on the go and they rarely ever leave a mess. The only downside to serving dry snacks is most snacks are unhealthy. If you are looking

for tasty, but healthy snacks, you may want to examine foods that are low in sugar or low in fat. These items may include, but should not be limited to, fruits, vegetables, sugar free cookies, or low salt chips. Despite what you or your family may believe, many of these healthy snacks are just as good as those that are filled with unhealthy sugar.

One important thing that you must consider, whether you are barbequing or just having an outdoor snack, is water. Water is important, especially during the summertime. Water, unlike many caffeinated beverages and sugary drinks, is a great way to stay hydrated. Unfortunately, without water many children and adults become dehydrated. Dehydration is a dangerous problem. That is why it is important to have water and other beverages on hand. In addition to traditional water, you or your family may also enjoy the taste of flavored water. For many, flavored water is a healthy, but tasty alternative to traditional drinking water.

By keeping the above mentioned points and suggestions in mind, you and your family are sure to have a fun backyard experience, accompanied by refreshing drinks, great food, or tasty snacks. Whatever the occasion calls for, there are a number of different foods that can help make your next backyard outing one of the best.

PPPPP

Word Count 678