

# Pack a Family Picnic!

## A picnic is fun family time: Indoors or out.

City or county park	Playground	Beach, pool, riverside
Local fair	Your yard	Community center
Relative's home	Parade route	Pick-your-own farm
Community garden	Zoo	<b>Family idea:</b> _____



## What's in Your Picnic Basket?

### No-chill Foods

- Whole fruit
- Dried fruit (raisins, apples, apricots), juice boxes, canned fruit
- Tortillas, bagels, pocket bread, pretzels, crackers, bread, and buns (Remember to choose more often those brands that list whole wheat as the first ingredient.)
- Nuts, peanut butter, unopened canned meat



### Cooler Foods

- Cooked and uncooked chicken, meat, shrimp, fish; hard-cooked eggs; deli meat
- Salads that contain cut-up meats, or vegetables, or fruits
- Lowfat or fat-free cheese, string cheese, yogurt, milk
- Single-serving pudding

### Warm-Up Foods

(in an insulated container with the cover closed)

- Soup, hot cocoa with milk
- Baked beans, hot dishes (eat within 1 hour).

## Keep Family Picnics Safe at the Plate!

- **Bring** water and soap to wash hands, surfaces, cutting boards.
- **Bring** food thermometer. Use it to grill to safe internal temperature: 160 °F for burgers; a minimum internal temperature of 165 °F for chicken.
- **Store** chilled foods in a cooler with ice or ice packs.
- **Store** uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack it in the bottom of the cooler so juices will not leak onto other foods.
- **Put** grilled foods on a clean plate, not the plate used for uncooked foods. Disposable paper plates are great!
- **Keep** coolers in the car as you drive, not a hot trunk. At the picnic, keep them in shade under a tree or bench.
- **Return** chilled foods to the cooler right after serving.
- **Discard** leftover meat, chicken, fish, eggs, and foods made with them if left out for 1 hour or more in temperatures over 90 °F.



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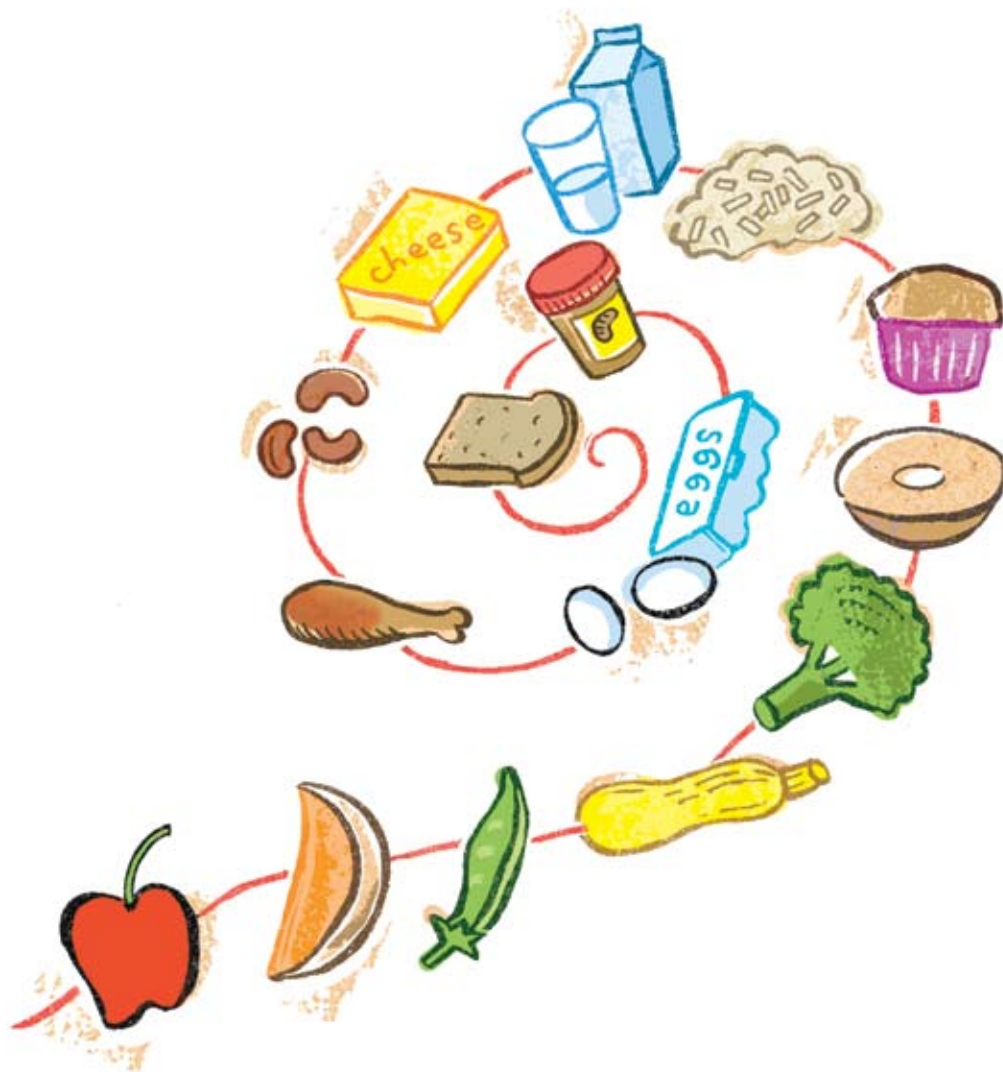
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## Turn Family Picnics Into Active Family Fun

- Explore with a nature scavenger hunt.
- Walk or ride bikes on a nature trail.
- Sled or ice skate on a winter picnic.
- Play water catch at the beach or pool.
- Bring a rubber ball, Frisbee, or jump rope.
- Do a city “walk around” to explore.
- Kids like to dance. Ask your child to pick music CDs. Pack along a player!

## Enjoy a Pretend Picnic!

Young children like to play “pretend.” Make an everyday meal into an indoor pretend picnic. Let your child pick the menu and set the table with colorful napkins, plastic utensils, and paper plates. Let your child invite a teddy bear, too.



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