

Pack a Family Picnic!

A picnic is fun family time: Indoors or out.

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



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 tapes or CDs. Pack along a player!



Walk, Dance, Play... *Be Active Every Day!*

Adapted from Nibbles for Health: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

What's in Your Picnic Basket?

No-chill Foods

- Whole fruit, finger vegetables (most can be left at room temperature for a few hours)
- Dried fruit (raisins, apples, apricots), juice boxes, canned fruit
- Wheat tortillas, bagels, pocket bread, whole-wheat crackers or bread, pretzels, buns
- Nuts, peanut butter, unopened canned meat

Cooler Foods

- Chicken, meat, shrimp or fish, hard-cooked eggs, deli meat
- Salads that contain cut-up meats, or vegetables, or fruits
- Cheese, string cheese, yogurt, boxed milk
- Single serving pudding

Warm-Up Foods (in an insulated container)

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