

PowerUp with... a Family Picnic.

Kids love picnics and what better way to fit in family fun time! Check out this **PowerUp Picnic Checklist** to help make your next picnic fun and safe - from start to the last bite!

Pick your spot. Indoors or out - kids love picnics!

- Park or playground
- Zoo
- Beach or pool
- Sports field
- Your yard
- Your living room floor
- Family idea: _____

PowerUp your picnic basket!

No-chill Foods

- Whole fruits & veggies
- Dried fruit
- Whole Grains (breads, buns, crackers, popcorn)
- Nuts or nut butter
- Canned meats

Cooler Foods

- Cooked or uncooked chicken, meat, shrimp or fish
- Hard boiled eggs
- Salads that contain any dressings, beans, meat or cheese
- Hummus
- Cheese, milk, yogurt or other dairy
- Cut up fruits and veggies

Warm Foods (in an insulated container)

- Soup
- Hot chocolate (made with milk)
- Hot dishes

Don't Forget the Water

- Pack a water bottle for all kids and adults. (Safety Tip: When it's hot out, everyone needs more water than usual)
- Sweet Tip: Freeze fruit for water. It'll act as "ice cubes" to keep the water cold, plus add a fruity splash of sweet.

TURN ANY MEAL INTO A PICNIC!

You don't even have to leave the house to enjoy a fun picnic! Let the kids help pick the menu, plan the setting (whether out in the yard or your living room floor) with colorful plates and napkins.

MINI SANDWICHES

Kids love mini sandwiches made into fun shapes with assorted fillings, like turkey and Swiss, cream cheese with veggies!

A NEW TWIST

A new twist on an old favorite! PB & Apple Sandwich (Core and slice an apple, spread your favorite nut butter) — Enjoy!

Keep your Family Safe at the Plate

Dirty hands, make dirty food: Pack soap and antibacterial lotion or wipes. It's super important for kids (and adults) to wash their hands before eating, especially after using the playground equipment.

Fight Bac(terial), keep food safe by not using the same utensils and plates for raw(or un-cooked foods) as you do for cooked or fresh foods

Keep HOT foods hot, COLD foods cold

- Safe Transport
- Keep hot foods in an insulated container until ready to serve
- Keep cold foods in a cooler, plus be sure to put coolers in the air conditioned car instead of the hot trunk
- Use a thermometer, not your eyes. Always use a food thermometer to make sure foods are cooked to the proper temperature
- 1-hour rule: You can safely leave food out for 1-hour, but after that chill it or toss it

PowerUp your Body! Turn your family picnic into family play time!

- Explore with a nature scavenger hunt
- Walk or ride bikes on a nature trail
- Play Frisbee or catch at the beach or pool
- Play at the park
- Play tag, jump rope or hula hoop
- Sled or ice skate on a winter picnic
- Dance while singing the "PowerUp Veggie Song"!

SAFETY TIP: KEEP IT SAFE – TEMP IT!

Whole or ground poultry: 165° F
Ground meats
(other than poultry): 160° F
Fresh fish: 145° F
Fresh whole (not ground) pork,
beef, veal: 145° F

SAFETY TIP

Cooler 1: Put the fresh foods surrounded by ice packs to keep it cold. It's best to put uncooked meats in a separate cooler from ready-to-eat foods. Keep it closed as much as possible.

Cooler 2: Store drinks -- open and close it as much as needed



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