

# PLAN A PERFECT PICNIC

## AN EARTH FRIENDLY....SINGLE USE PLASTIC FREE....CREATIVE ADVENTURE

There is nothing that announces **SUMMER** more than **PICNIC TIME!** From simple hotdogs and potato salad...ending with watermelon and S'mores to gourmet cheese and fruit trays, the possibilities are endless. Picnics can be carried in baskets and coolers or beach bags and grocery bags. You can go to the beach or to a park, a long hike or your back yard. The one key ingredient that all picnics have is outdoor fun! Food always tastes better at a picnic.

When planning a green picnic, the most important thing to remember is to leave only your footprints at your meal site. To make sure that your Perfect Picnic is Earth Friendly a few simple steps need to be taken for preparation to avoid Single Use Plastic products. It all starts with a scavenger hunt through your cupboards and finding all the reusable plastic storage containers of all sizes. \*\* If you are using repurposed food containers, make sure the lids are tight fitting. Pour some water in them, close the lids and flip them upside down. If they do not leak...they will be perfect for anything with liquid.

Remember the 3 R's: Reduce...Reuse...Recycle! You are already on the way!

By reusing your plastic containers you are reducing the need to purchase plastic "anything"! Recycling becomes less as you replace the plastic and paper goods with reusable containers, dishes and cutlery. The goal: generate the least amount of trash possible.

### REPLACE:

**Replace** disposable plastic cutlery with sustainable bamboo or use some from home. Plastic forks and knives that end up in lakes, rivers, streams and oceans, injure fish and animals.

**Replace** plastic cups and glasses with recycled and compostable products.

**Replace** single use water bottles with refillable Eco-Friendly bottles.

Read labels before you buy. If things are thrown in a landfill, they need to be compostable

**Replace** paper towels, paper napkins, paper or disposable table covering with cloth. **Wash away....not throw away.**

**Replace** all plastic straws with bamboo straws, washable straws or recyclable paper straws.

The U.S. alone throws away some 500 million plastic straws a day. That's enough to circle the Earth twice. "Saying no to a plastic straw is an easy way to make a big difference in the world," Diana Lofflin is the founder of **StrawFree.org**

## COMPANIES YOU CAN COUNT ON:

One Planet      Georgia Pacific: Dixie EcoSmart      ECO Products  
Hefty ECOSAVE      Glad Compostable Green Trash Bags

### SMART SHOPPING:

It is much easier and faster to buy sandwich fixings in Select-a Size plastic packaging or individually wrapped snacks and cheese. 40% of plastic made is single use. Check out the Foodprint of Food Packaging at [foodprint.org](http://foodprint.org) for complete information on food packaging.

Now that you have selected your non-disposable containers, choose local, organic whole foods from a farmers market instead of the processed fare you find at the supermarket. Eating local cuts down on the miles it takes for food to get to you, thereby reducing greenhouse gas emissions produced in long transit times. Because locally grown foods don't need to stay fresh for long periods of time, they aren't treated with the pesticides and other chemicals that are toxic to our health and the environment.

### PLANNING the MENU:

Serve finger foods for snacks before the grilling starts or plan a whole picnic on bamboo skewers to eliminate paper products.

**Forget the Forks You Will Need:** Bamboo Skewers

#### Mix It and Match It

Selection of favorite cheeses cut in cubes  
Meats: Ham and turkey cut in cubes  
Cherry tomatoes  
Colored peppers cut in triangle shapes  
French bread cut in cubes  
Dipping Sauces  
Honey Mustard    Garlic Mayo

#### Pizza on a Stick

Salami and Pepperoni cut in wedges  
Flat bread cut in triangles  
Provolone, Mozzarella, Asiago cheeses  
cut the same size as bread  
Pesto and Marinara sauces for dipping  
Parmigiano for dusting

#### PICK IT UP

##### Strawberry Short Cake

1 pint medium strawberries hulled  
Angel Food cake squares  
Pound Cake Squares  
Whipped Cream for dipping

#### Mix It and Match It

##### Summer Fruit Kabobs

Strawberries, Blackberries, Raspberries,  
Peaches, Nectarines,  
Green and Red Grapes  
Cream Cheese and Greek Yogurt Sauce

Recipes for **FORGET THE FORKS** found on [greengrandparents.org](http://greengrandparents.org)

Check out great picnic ideas in these websites:

[www.tasteofhome.com/collection/kid-friendly-picnic-food-ideas](http://www.tasteofhome.com/collection/kid-friendly-picnic-food-ideas)

18 Picnic Food Ideas Your Kids Will Crave

[www.mightymoms.club/family-cooking/picnic-food-ideas](http://www.mightymoms.club/family-cooking/picnic-food-ideas)

Resources to find wonderful fun food for all seasons

Recipes for Kids [www.twohealthykitchens.com](http://www.twohealthykitchens.com)

Search Picnics: [www.tamingtwins.com](http://www.tamingtwins.com)

Picnics: [www.thereciperebel.com/ultimate-picnic](http://www.thereciperebel.com/ultimate-picnic)

