



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

August 2014

## Summer Picnics

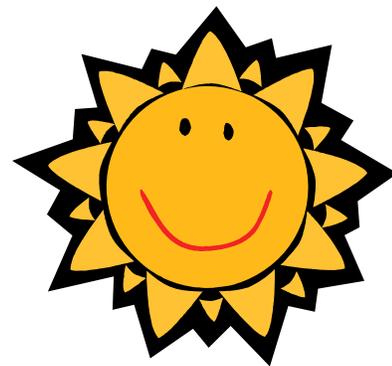
Create memories with your family this summer:

- Find a picnic basket or canvas bag.
- Keep a special tablecloth and blanket in your basket or bag.
- Pack plastic plates, forks, spoons, napkins, and wet wipes.
- Be ready for warm summer days and picnics!

Small children love to eat with their family. Picnics are a fun way to eat together and play outside.

Put your tablecloth on a picnic table. Spread your blanket on the grass at the park or on the sand at the beach.

Enjoy summer and family picnics.



### Fun Picnic Ideas

- ☺ **Make a Family Sandwich.** Use a large loaf of French bread. Cut the loaf lengthwise. Fill with your favorite foods—sliced ham or turkey, cheese slices, lettuce, tomato slices and other vegetables. Cut your family sandwich into small sandwiches.
- ☺ **Pack a cheese, fruit, and vegetable tray.** Bring along a box of crackers.
- ☺ **Enjoy a Summer Salad.** Serve with crackers or bread, and milk at your next picnic!
- ☺ **Make roll up sandwiches for your family picnic.** They make fun finger food.

## Roll up Sandwiches

*Use tortillas or flatbread to roll up your favorite sandwich.*

**Spread peanut butter on a tortilla or flatbread.** Add banana slices and roll up.

**Layer sliced ham or turkey on a tortilla or flatbread.** Top with shredded lettuce and chopped tomatoes. Roll up.

**Make a Veggie Sandwich.** Spread hummus on a tortilla or flatbread. Top with your favorite vegetables - sliced cucumbers, shredded zucchini or carrots, lettuce, tomatoes, or peppers. Sprinkle lightly with sunflower seeds. Roll up and eat!

**Bring a Chicken Salad or Egg Salad spread to your next picnic.** Spread on tortillas. Roll up and enjoy!



## Melon Salad

2 cups cantaloupe or watermelon chunks  
1 cup blueberries

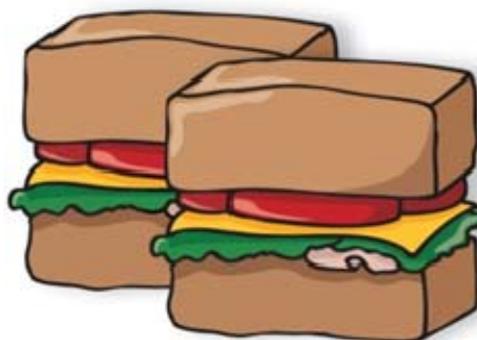
1. Rinse off melons. Cut in half and remove the seeds. Cut melon off rinds. Cut melon into bite-size pieces.
2. Rinse blueberries with water.
3. Combine melon chunks with blueberries.

## Chicken Salad Spread

*Pickle relish gives extra flavor!*

2 cups cooked chicken, cut into cubes  
 $\frac{1}{2}$  cup celery, finely chopped  
 $\frac{1}{4}$  cup dill pickle relish  
 $\frac{1}{2}$  cup low-fat mayonnaise  
Salt and pepper to taste

Mix chicken, celery, pickle relish, and mayonnaise together in a bowl. Season with salt and pepper.



## Egg Salad Spread

*Black olives are optional.*

*Try it—they taste great in egg salad!*

4 hard boiled eggs, shelled and chopped  
 $\frac{1}{4}$  cup low-fat mayonnaise  
1 teaspoon mustard  
1 tablespoon chopped black olives  
Salt and pepper to taste

Mix eggs, mayonnaise, mustard, and black olives together in a bowl. Season with salt and pepper.

## Pack Fruits & Veggies

**Bring a fruit or vegetable to every picnic.**

*Add vegetables to your sandwiches and salads.*

*Bring along some fruits and vegetables to eat with your fingers.*

*Finger foods are fun to eat at a picnic.*

### Bring along nutrition:

- Baby carrots and fresh snow peas
- Peas in a pod—shell and eat at the park!
- Cherry or grape tomatoes
- Banana or orange—peel and eat.
- Plum, peach, apricot, or apple
- Kiwi—cut in half and eat with a spoon.
- Mandarin oranges or canned fruits—pack in a small plastic container.
- Blueberries, raspberries, or strawberries—berries are a fun finger food.
- Watermelon or cantaloupe chunks
- Cucumber or zucchini slices

### Dip it!

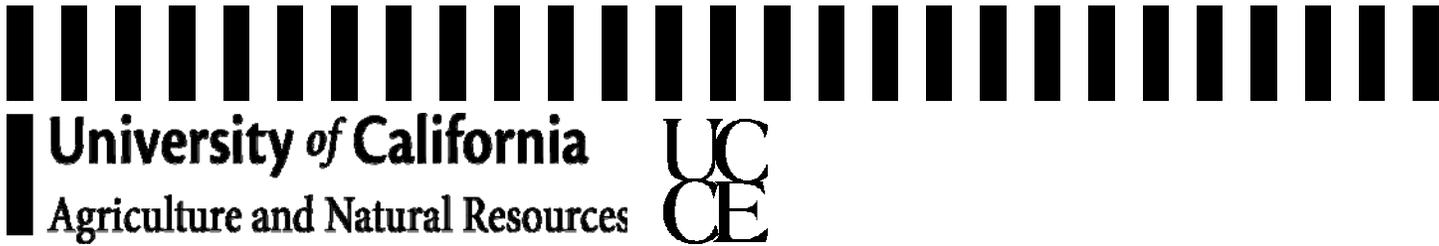
Bring hummus or low-fat Ranch salad dressing  
for dipping vegetables.

Pack a container of flavored yogurt  
for dipping fruits.



### What Can You Do?

- Take my children on picnics this summer.
- Bring along fruits and vegetables for our picnic meals.
- Make a Melon Salad for my family.
- Other: \_\_\_\_\_



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### Nutrition Matters

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