



Let's Have a Picnic During July, National Picnic Month

Enjoying food in the great outdoors is a fun part of summer and makes memories for family and friends. Make picnics healthful and safe with these tips.



• Go Green

Add some greens and other fruits and veggies to your picnic menu.

- Try packing fresh-cut vegetables with a low-fat dip or a tossed salad in a cooler filled with ice. Vegetables contain fiber to fill you while providing you with many more nutrients than chips or crackers.
- Make fruit kabobs. Check out the fun ideas on the back of the newsletter.

• Go Lean

Traditional picnic foods, including potato salad and cookies, tend to be higher in calories than some other options.

- To trim calories, choose extra-lean meat, turkey or chicken to fill your sandwich.
- For mixed salads and sandwich condiments, look for reduced-fat versions of your favorite mayonnaise, dressings or sauces.
- If you want to trim calories and add nutrition to your recipes, see “Recipe Makeovers” available from the NDSU Extension Service (www.ag.ndsu.edu/publications/landing-pages/food-and-nutrition/now-serving-recipe-makeovers-fn-1447).

• Go Whole

When picnicking, you might be tempted to turn to prepackaged, convenience foods. Choosing “whole” foods can save calories and provide more nutrients.

- Shop the perimeter of the grocery store, where you will find fresh fruits and vegetables, lean meats, and low-fat milk and yogurt. Add some whole-grain foods to your menu, too.

• Go Safe

Remember to follow proper food safety practices when preparing for a picnic.

- Find out if your picnic destination has a source of safe drinking water. If not, bring water and moist towelettes for cleaning hands and surfaces.
- Be sure that raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating other foods and beverage containers.
- Keep your food out of the temperature danger zone (40 to 140 degrees Fahrenheit). Pack the cooler just before leaving home. Keep the cooler in an air-conditioned car and in the shade at the picnic site.

• Go Clean

Always clean your picnic spot and extinguish camp fires carefully.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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We are going on a little road trip this summer. Every time we stop to fuel our car, my kids ask for treats at the convenience store. What can I do?

Stock your vehicle with more healthful snacks that you purchase at a grocery store ahead of time. Be sure to bring a water bottle filled with ice water. Make some cereal snack mixes ahead of time.

These are some snacking ideas to save money on family road trips:

- Packets of nuts, seeds or dried fruit (such as raisins or dried cranberries)
- Single-serving cereal boxes
- Whole fruit such as apples, bananas and grapes
- Single servings of applesauce
- Try making your own snack mixes and packing them in snack-sized bags. See “Pinchin’ Pennies in the Kitchen: Make Your Own Snack Mixes” available from the NDSU Extension Service (www.ag.ndsu.edu/publications/landing-pages/food-and-nutrition/snack-mixes-fn-1753).

FoodWi\$e Tip of the Month

Make Fun Food for Picnics

- Cut triangle-shaped wedges of watermelon and add a stick in the rind end for a fruit Popsicle.
- Make sandwich kabobs with small pieces of bread, cheese, grape tomatoes, sandwich meat and olives.
- Enjoy some “fruit caterpillars.” Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four v-shaped cuts on the outside of cucumbers. Cut cucumbers into slices to form flower petals.
- Try some “banana sushi.” Spread a whole-grain tortilla with peanut butter, sunbutter or other spread. Next, place a banana inside and roll. Cut into slices.
- For a kid-favorite dessert, try making a “dirt dessert” with low-fat, calcium-rich chocolate pudding sprinkled with chocolate cookie crumbs and a couple of gummy worms.

Add some “greens” to your picnic menu with this tasty recipe. Be sure to pack it, along with all of your perishable foods, including cut fruits, meat and cheese, in a cooler with ice.



Broccoli Salad

- 6 c. broccoli (chopped)
- 1 c. raisins
- 1 red onion (medium, peeled and diced)
- 2 Tbsp. sugar
- 8 bacon slices (cooked and crumbled, optional)
- 2 Tbsp. lemon juice
- $\frac{3}{4}$ c. mayonnaise, low-fat

Combine all ingredients in a medium bowl. Mix well. Chill for one to two hours. Serve.

Makes eight servings.

Each serving has 150 calories, 5 grams (g) fat, 3 g protein, 27 g carbohydrate, 3 g fiber and 142 milligrams of sodium.

Menu idea

Grilled hamburgers on whole-wheat buns with tomato slices and lettuce, Broccoli Salad, grape kabobs, low-fat or fat-free milk



Just for Fun

Who comes to a picnic but never is invited?

Ants.

(By the way, if you bring bug sprays to your picnic, be sure to spray away from the table where food is served.)

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

