



## **Having a Picnic this summer?**

☆ Going on an outing to the park, beach or an outdoor pursuit doesn't mean you have to give up eating healthily.

### **Nutrition Tips:**

- Ensure you drink plenty of water throughout the day to keep hydrated. You can add fresh fruit or mint for a fresh twist.
- Avoid high fat or salty snacks such as crisps, salted nuts, chocolate. If you want something sweet try making homemade wholemeal scones (see recipe below), wholemeal banana muffins or making fruit skewers.
- Pack foods that transport well, such as popcorn, cereal bars, cans of tuna, sandwiches, fresh fruit and vegetable sticks with dips such as low fat hummus, low fat cream cheese or greek yoghurt tzatziki.
- Organize your snacks into individual portion sizes before you leave home to prevent over eating.
- Refreshing fruits such as watermelon, peaches, strawberries or sliced oranges are a good alternative for dessert.

### **Hygiene Tips:**

- Rinse fruit and vegetables under running water at home before packing them into the picnic basket.
- Pack raw foods in a separate carrier to cooked foods to prevent cross contamination.
- Wash hands before meal with hand wipes or hand sanitizer if there is no restroom available.
- Eat food within two hours if there is no refrigeration available or pack food with ice packs to keep cool on hot summer days.

☆ Work up an appetite by going for a walk, cycle, swim or play a game before sitting down to eat.

### **Picnic Packing List:**

- Main meal – Sandwiches, wraps, salad, potato salad, pasta dish or soup in a flask. Use low fat dressings or low fat mayonnaise in salads
- Snacks – Pre washed fruit, wholegrain crackers, sliced bread, individual reduced fat cheese slices, low fat hummus, pre-cut raw vegetables, unsalted rice cakes or low fat yoghurts
- Plates, Bowls, Cups, Knives, Forks, Spoons
- Drinks – Water, Tea, Coffee
- Cooler box and Ice
- Blanket, sun screen
- Hand sanitizer, napkins
- A ball, frisbee, hula hoop or deck of cards to ensure the picnic revolves around activities

## Wholemeal Scones Recipe\*:

Makes 10 scones.

Preparation time 20 minutes.

Cooking time 20 minutes.

### Ingredients:

180g (6oz) Wholemeal Flour

1 Dessertspoon Caster Sugar

200g (7oz) Plain Flour

1 Tsp Baking Powder

50g (2oz) Butter

200ml (1/2 Pint) Milk

### Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Place the wholemeal flour and sugar into a mixing bowl.
3. Sieve in the plain flour and baking powder and mix well.
4. Rub in the butter using your fingers to make a breadcrumb consistency.
5. Add in enough milk to make a soft dough. (Do not add all the milk in at once)
6. Turn out the dough onto a lightly floured board and gently knead.
7. Roll out the dough to 1 inch thickness and shape the scones using cutters or the rim of the cup.
8. Dust the baking tray with flour and place the scones on it.
9. Bake in the preheated oven for about 20 minutes or until golden brown.
10. Remove from the oven and cool on a wire tray before serving.

Calories per serving	Fat per serving	Saturated fat per serving	Fibre per serving	Sugar per serving	Sodium per serving
344.2	5.2 g	1.8 g	5.5 g	5.3 g	300 mg

\*This recipe was sourced from the Healthy Food Made Easy Participants' Handbook 2013