

Sacks of Snacks



Offering a hand up, not a hand out

April 26, 2024

April is coming to a close, but picnic season is coming into full swing. I have included some recipes to prepare for a picnic as well as tips to keep picnics food safe and successful. Check out this link <https://food.unl.edu/free-resources/newsletters/food-fun-young-children/celebrate-spring-national-picnic-day> for tips for picnicking and another chicken salad recipe. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trena Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

CHECKLIST AND RECIPES FOR PICNIC PLANNING AND FOOD SAFETY

- ✓ **Plan Ahead.** Spring and summer are the peak season for fruit and vegetables. Add in season fruits and vegetables to your picnic. Keep the foods you plan simple. Bring a sheet to cover a picnic table or sit on the ground.
- ✓ **Stay Hydrated.** Take along plenty of cold drinks like water and unsweetened ice tea. Add wedges of lemon, lime, and orange for creative, thirst-quenching drinks.
- ✓ **Ice Chest Coolers.** Fill coolers strategically with drinks in a cooler separate from food dishes. A full cooler will stay cold longer than a partial filled cooler. Place coolers in the shade to ensure the length of time they will remain cool.
- ✓ **Plenty of Clean Utensils.** You want to ensure you have clean utensils for each dish that you are serving. A unique utensil for each dish ensures that there is not cross-contamination of foods. Utensils or platters for raw meat should not be used for cooked meats, unless properly washed. The raw meat juices contain bacteria that can spread to your cooked food.
- ✓ **Extra Containers.** These can serve multiple purposes. You can use them to serve cold salads like potato or macaroni salad. These containers can sit directly in or on ice. While the remainder of the dish remains in the cooler, your food should not sit out for more than 2 hours, or 1 hour if the temperature is about 90 degrees F. If your food is getting close to that time frame, you can use the extra containers to put your leftovers in and store in a cooler. This will save you from having to throw all of the food out.
- ✓ **Paper Towels.** They are good for drying your hands, when washing your hands. Cleaning up messes and drying cleaned produce are additional uses. If the facility does not have running water, bring a jug of water and soap for handwashing.
- ✓ **Trash Bags.** Bringing extra trash bags can save you hassle too. You are prepared if the facility does not have a trash can. You can separate garbage from contaminating your food or equipment.

Adapted from Ohio State University Extension

CHICKEN SALAD

Serves: 4

1 ½ cups cooked chicken, diced

1 apple, cored and diced

1/3 cup celery, chopped (about 1 rib)

1/3 cup light ranch dressing or creamy salad dressing

1/8 teaspoon ground black pepper

¼ cup pecans or walnuts, chopped (optional)

Combine chicken, apple, and celery in a medium bowl. Add dressing and pepper and stir to coat. Stir in pecans or walnuts, if desired. Serve immediately or cover and refrigerate up to 24 hours. Serve on a lettuce leaf; spread on bread, tortillas or a sandwich; or spoon into a halved tomato or cucumber.

Source: Iowa State University Extension and Outreach

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