

National Picnic Month: Sun, Fun, and Good Food

Everyone has a vision of the ideal picnic. Some dream of sharing a picnic basket. Some picture dining on a blanket spread under a tree. Others think of grilling with friends at a park. No one plans to get food poisoning. Make your picnic a day to remember with these tips!

Watch the time and temperature

Perishable foods can only stay unrefrigerated for one hour in temps above 90 degrees. Keep cold foods cold and hot foods hot before and during your picnic.



Don't forget the food thermometer

Food may look done before it is safe to eat. The only way to be sure is by using a food thermometer. For a list of safe food temps, visit eatgathergo.org/eat/cooking/food-safety-basics/



Check to make sure clean water is available

If not, bring water for food prep and cleaning. Pack moist disposable cloths for cleaning hands and surfaces.



Pack non-perishable foods

Snacks like uncut, washed fruit, nuts and seeds, and baked chips can ease the fear of food poisoning.



Packed with berries and watermelon, this salad showcases all of summer's bounty - perfect for a picnic!

Watermelon and Fruit Salad

Ingredients

- 1 cup watermelon, diced
- 2 cups strawberries, sliced
- 1 cup blueberries (fresh or frozen/thawed)
- 1/2 cup apple, banana or pear, diced
- 2 teaspoons lime juice
- 2 teaspoons honey or brown sugar

Directions

1. Place watermelon, strawberries and blueberries in a serving bowl.
2. Add your choice of diced apple, banana or pear. Gently mix well.
3. In a small bowl combine lime juice and honey. Pour over fruit and toss to coat. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Resources: eatgathergo.org/recipe/watermelon-and-fruit-salad/

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