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.

### 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.

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

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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