

Picnic Tips



It can be difficult to observe the two hour rule (*time that food can be left out of the refrigerator*), **but try to keep your picnic out of direct sunlight and use a cool box or bag to pack your picnic in.**

- 1 Double bagging of food helps to keep the contents cool for longer. Preparing a picnic and refrigerating overnight gives the food a cooler start in the mornings. Frozen food, for example, sandwiches or a frozen water bottle can help too.
- 2 A napkin is not only useful for wiping sticky hands but keeps biscuits crisp by absorbing moisture.
- 3 Try to keep your food covered when eating outside to keep the flies away.
- 4 A frozen juice carton will keep the lunchbox cool. Children and grown-ups will enjoy oranges quartered and frozen. And freezing need not stop there. Sandwiches and cakes will defrost within a few hours.
- 5 Put fun stickers on to fruit or wrapped food. Homemade food can be made just as glitzy as processed shop foods.
- 6 Make sure that the grown ups cook the burgers and sausages until the centre is piping hot – there should be no pink meat in the middle. If there is, don't eat it.
- 7 Store salad in the fridge but eat tomatoes at room temperature for flavour.
- 8 Ripe fruit will keep longer in the fridge but taste better at room temperature.

**Use your eyes and nose -
If food looks or smells funny put it into the bin.**

