

picnic

CHECKLIST

- Sunscreen
- Hand sanitizer & Mask
- Basket, tote or other container
- Food and beverages
- Blanket or towel if needed
- Utensils, if necessary
- Cloth or paper napkins



LINKS TO HELPFUL TIPS & IDEAS:

Planning a Healthy Picnic

www.usda.gov/media/blog/2013/08/29/celebrate-labor-day-myplate-picnic

Family-friendly Picnicking Activities

discovertheforest.org/activities/picnicking

Local Park Facilities

snohomishcountywa.gov/1074/Parks-Facilities

“How to PNW Picnic”

www.seattlenorthcountry.com/blog/how-to-pnw-picnic/

Benefits of Spending Time Outdoors

www.cdc.gov/cancer/skin/basic_info/outdoors.htm

Food Safety While Outdoors

www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors

