**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](http://www.usda.gov/media/blog/2013/08/29/celebrate-labor-day-myplate-picnic)

- **Family-friendly Picnicking Activities**
  - [discovertheforest.org/activities/picnicking](http://discovertheforest.org/activities/picnicking)

- **Local Park Facilities**
  - [snohomishcountywa.gov/1074/Parks-Facilities](http://snohomishcountywa.gov/1074/Parks-Facilities)

- **“How to PNW Picnic”**

- **Benefits of Spending Time Outdoors**
  - [www.cdc.gov/cancer/skin/basic_info/outdoors.htm](http://www.cdc.gov/cancer/skin/basic_info/outdoors.htm)

- **Food Safety While Outdoors**