



United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

Let's Head Outside Plan Your Own Safe and Healthy Picnic

Tools:			
Foods:			
Prepare at home:			
'			
Timeline:			

Did you remember to include:

- ✓ Temperature-stable food items?
- ✓ Thermometers (for coolers and food)?
- ✓ Multiple utensils or disposable items?
- ✓ How you would pack and transport your food and other picnic tools?
- ✓ Which foods you would prepare and clean at home?

Prepared by Serena M. Fuller, Ph.D., Professor - Nutrition and Food Safety (<u>sfuller@uaex.edu</u>), University of Arkansas Division of Agriculture.