SUMMER PICNIC IDEAS

Looking for more ways of getting outside and spending time with your family? Try packing a picnic! Packing a customizable picnic is a great way of ensuring everyone can make something they love. Once you have a cooler to store your food, enough water for your family and a blanket, you can start to think of what you’d like to eat at your picnic.

Packing a source of protein, carbohydrates and vegetables allows your family to customize their own meal at the picnic. All you have to do is a little pre-prep, pack the options in containers and put them in containers and off you go!

1) NOURISH BOWLS

- **Protein ideas:** cooked chicken, chickpeas, cooked tofu, legumes, hard-boiled eggs, edamame beans
- **Carbohydrate ideas:** brown rice, quinoa, sweet potato, cold pasta, potato salad
- **Veggie/Fruit ideas:** spinach, lettuce, kale slaw, mixed roasted vegetables, fruit kebabs
- **Dressing:** olive oil + balsamic vinegar, pre-made lemon dressing, etc.
- **Optional extras:** roasted nuts, dried fruit, cheese, microgreens etc.

2) CHARCUTERIE STYLE PLATES

- **Protein ideas:** deli meats, hummus, edamame beans, cheese, hard-boiled eggs, nuts/seeds etc.
- **Carbohydrate ideas:** crackers, baguette etc.
- **Veggie/Fruit ideas:** raw veggies (cherry tomatoes, cucumber, carrots), grapes, apple, pear, olives
- **Optional sweet add-on’s:**
  - Dates
  - Dried cranberries
  - Raisins
  - Jam or chutney
- **Optional savory add-on’s:**
  - Cheese
  - Dips: tzatziki, baba ghanoush, guacamole, salsa