Summer Fun – Try a Family Picnic

It's time to **Make Time** for a little fun. Pick out a favorite outdoor spot and plan a picnic. If it rains, put a blanket down in the living room or on the porch. Dig into some healthy choices!

Here are a few suggestions:

- Sliced fruit like apples and watermelon
- Freshly picked fruit like blackberries and blueberries
- No-fuss salads: Lettuce and spinach, sliced carrots and tomatoes, a cup of peas and beans. Then top it all off with your favorite bottled or homemade dressing. (Don't forget to wash all your produce first.)
- Be creative and try to include new choices. Let each family member take a turn at suggesting something new.

And here are a few food safety tips for you to remember:

- After shopping, take food straight home to the refrigerator.
- Freeze fresh meat, poultry and fish right away if you can't use it within one or two days.
- Defrost frozen meats in the refrigerator or microwave, not on the counter.
- Marinate meats in the refrigerator.
- Return leftovers to the refrigerator as soon as possible.
- Don't put cooked foods on the same plate that held raw meat or poultry.
- Keep things clean – hands, utensils, cutting boards, counter and cloths.

Enjoy the long days, the fresh produce, and the chance for a little extra activity!

For more information contact:

The University of Maine Cooperative Extension
www.umext.**maine**.edu/
or
Centers for Disease Control and Prevention
www.cdc.gov/foodsafety