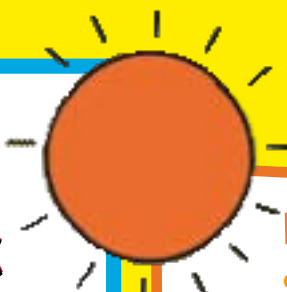


Pack a Perfect Picnic

To download further copies please go to www.glosfirst.co.uk/foodvision.aspx?nav=services/



Be sun smart

- Spend time in the shade between 11am-3pm
- Make sure you never burn
- Aim to cover up with a T-Shirt, hat and sunglasses
- Remember to take extra care with children
- Use factor 15+ sunscreen

For more information click on the link

<http://info.cancerresearchuk.org/>



Step 1

Take a whole family approach and involve everyone in the planning of the picnic.

- Decide where you'd like to go.
- Consider the facilities to suit your family's needs.
- How will you get there?
- What will you need to take?
- Discuss what you'd like to eat, see step 5 for ideas.

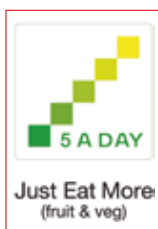


Step 4

To ensure that your picnic is balanced try to follow these tips:

- Base your picnic around starchy foods, e.g. bread (preferably wholegrain), tortilla wraps, pitta pockets, pasta or rice salad
- Include a portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus
- Make sure there are plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks
- Pack a portion of calcium rich items such as semi-skimmed milk or other dairy food, e.g. reduced fat cheese yogurt or fromage frais
- Provide plenty of water to keep your family well hydrated
- Try banana bread, flapjacks, a small tub of fruit salad or small box of raisins instead of chocolate bars.

Click on the pictures for more healthy eating information



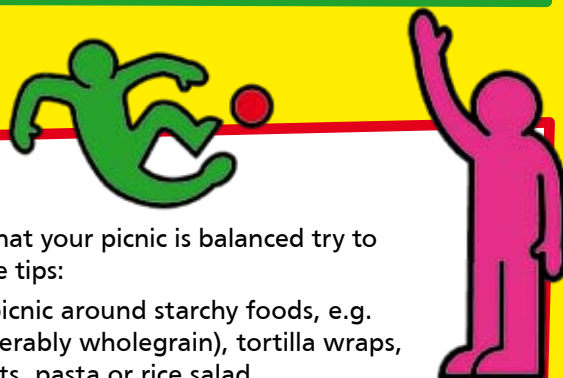
Step 2 6 Top Gloucestershire Picnic Sites

- **Crickley Hill Country Park, near Cheltenham GL4 8JY**
Visitors centre with free admission, toilets, free parking and nature trails.
www.gloucestershire.gov.uk
- **Robinswood Hill Country Park, near Gloucester GL4 6SX**
Gloucestershire Wildlife Trust Visitor Centre, free admission, nature trails, toilets, gift shop.
www.gloucestershire.gov.uk
- **Cotswold Water Park, near Cirencester GL7 5TL**
Free parking at various sites, bird hides, cycle routes and picnic tables, toilets and the Gateway Visitor Centre and Cafe.
www.waterpark.org/leisure/car_parks_picnic_sites.html
- **Coaley Peak Picnic Site, near Stroud GL11 5HA**
Free car parking, picnic tables, N.B No toilet facilities.
www.gloucestershire.gov.uk
- **Mallards Pike, near Blakeney, Forest of Dean GL15 4JP**
Parking, refreshment cabin, family cycle trails, toilets, picnic tables with two permanent BBQ stands which are free to use.
www.forestry.gov.uk
- **The Vineyards, Tewkesbury GL20 5PG**
Car parking, children's play area, landscaped picnic area with tables.
www.tewkesbury.gov.uk
For more information about public transport and picnic sites in Gloucestershire, visit www.gloucestershire.gov.uk or www.cotswolds.com

Step 3

The recipe for a perfect picnic.

- Blanket
- Cool Box and Ice Packs
- Plates and Cutlery
- Raincoats and Wellies
- Football, Frisbee and other toys
- Brolly and Sunshade
- Sun Cream and Sun Hat
- Bin bags
- Antiseptic Wet Wipes
- Don't forget the food!
- Friends, Family and the Dog!



Step 5: Recipes

Quick Style Flapjack

Ingredients (Portions: 4)

- 60g Butter
- 25g Golden Syrup
- 100g Porridge Oats
- Juice of 1 Lemon
- 25g Chopped Dried Apricots
- 25g Sultanas

Methods

- 1 Melt the butter and syrup in a saucepan over a low heat. Stir in the oats, juice and fruits. Mix together well.
- 2 Spread the mixture evenly in a greased shallow baking tray. Bake in a hot oven at about 180 degrees for 20 minutes or until golden brown.
- 3 Take out the oven and mark out the portions whilst still warm with a knife – this will make it easy to cut up once completely chilled.

For more picnic recipe ideas visit www.eatwell.gov.uk/healthydiet/recipes/?lang=en

For more picnic ideas visit LINK or www.glosfirst.co.uk/foodvision.aspx?nav=services/



Herby Chicken Salad

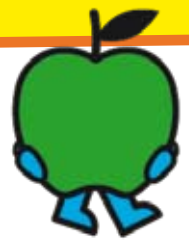
Ingredients (Portions: 4)

- 16 Cherry tomatoes
- 2 Red onion, chopped
- 350g Cous cous
- 350g Cooked chicken meat - diced chunky style
- 420ml Water
- ¼ cucumber
- Handful of fresh coriander
- 150g Peas
- 150g Tinned sweetcorn (washed)
- 15 ml of Sunflower Oil

Methods

- 1 Fry the tomatoes and caraway seeds in a saucepan.
- 2 Add the red onion and cook for 1 minute
- 3 Add the cous cous and cover with the water.
- 4 Allow the liquid time to simmer away gently. Bulgur wheat is like any pulse and absorbs anything you can cook it with. The cous cous is cooked when it is soft to taste.
- 5 Take the saucepan off the heat
- 6 Stir in the chicken, peas and corn
- 7 Drizzle with the sunflower oil and mix in the fresh herbs
- 8 Allow the salad to cool and then place in the fridge ready for use.

Recipes thanks to Rob Rees MBE- The Cotswold Chef™



Step 6: Food hygiene

Don't take food out of the fridge until the last minute. Use a cool bag to keep things chilled. It's especially important to keep food containing cream, such as trifle, cream cakes, desserts, and meat cool.

Remember to wash fruit and salad vegetables thoroughly before you set off. Always try to wash your hands before eating but, if you can't, you could use antiseptic hand wipes instead.

Advice: FSA www.eatwell.gov.uk

Step 7

Children may enjoy the experience more if they have helped to prepare the picnic, especially if they have been busy growing their own produce at school or home e.g, cress, lettuce, tomatoes or strawberries. www.growingschools.org.uk/ and www.netmums.com/

- Set them simple tasks, spread fillings, stir ingredients or wash the fruit and vegetables.
- Older children could make a fruit salad or a delicious smoothie. (This will count towards their 5 A DAY!) www.5aday.nhs.uk
- Don't Forget: Wash hands first, supervise children in the kitchen and have fun!

Step 8

Going on a picnic trip is all about discovering and enjoying the countryside and what better way to do this than organising a family activity such as:-

- Bat and ball
- Frisbee
- Hide and seek
- Fly your kite
- Rounders



Click on the Change4Life logo or visit England link www.enjoyengland.com for tips on how your family can be active together.

Step 9

Please follow countryside code

- Be safe - plan ahead and follow signs
- Protect plants and animals
- Take your litter home
- Leave gates and property as you find them
- Keep dogs under close control
- Consider other people

For more information click on the link

http://www.countrysideaccess.gov.uk/things_to_know/countryside_code

Step 10

Now it's time to enjoy your perfect picnic with friends and family in the Gloucestershire Countryside!

