

# Eating well at barbeques and picnics

Barbeques and picnics are a great way to enjoy the outdoors. Try these quick ideas to make your next barbeque or picnic nutritious and delicious!

## Barbeque ideas

- Hamburgers are a barbeque favourite. Choose lean burgers or make your own. If you make your own, get creative by adding herbs, spices and grated vegetables, cheese or beans.
- Most sausages are high in fat and salt. Fresh meat is a better choice. Choose lean burgers, fish or chicken.
- You can spice things up by making vegetable burgers using lentils, chickpeas, tofu or sweet potato. The supermarket also sells pre-made vegetable burgers in the freezer and fridge aisles.
- Jacket potatoes can be cooked ahead and reheated quickly on the barbeque. Serve with fillings such as beans, coleslaw and natural yoghurt.
- Vegetable kebabs are colourful and delicious. Try a combination of capsicum, mushroom, onion, zucchini and cherry tomatoes.
- Serve a selection of salads such as Greek, roast vegetable, potato or pasta salad. Add flavour with dressings, lemon juice or herbs and spices.
- Wholemeal or wholegrain breads are higher in fibre. Swap white bread for wholemeal or wholegrain or offer both options for variety.

## Picnic food ideas

- When you're planning for a picnic, try to think of foods that are easy to eat and transport well. Picnic favourites include sandwiches, salad rolls and quiche. In cooler weather, take a thermos of soup, hot tea or coffee.
- It's hard to beat fresh fruit to finish off a picnic. Look for fruit in season, cut it up and serve it on a platter. Aim for as many colours as you can.
- Water is the best drink for quenching thirst on a warm day. Try flavouring iced water with frozen berries, lemon or mint.

## Top food safety ideas

- Store, transport and cook meat carefully. An Esky or cooler bag packed with ice blocks can be used to keep meat, salads and other fresh food cool.
- When you're out and about, sit the Esky or cooler bag in a shaded spot to keep it cool for longer.
- Try to keep uncooked meat separate from salads and fruit in the Esky. This will help to prevent cross-contamination.
- Ensure all meat is cooked through (especially chicken and hamburgers) and serve hot.
- Use separate plates and utensils for raw and cooked meat.
- Only take salads out from the cooler when you are ready to eat. Refrigerate any leftovers and use within one to two days.
- For more information, see the Food Safety fact sheet.

## Consider your needs

- When planning your barbeque or picnic, think about any special dietary needs. Wherever possible, ensure these can be met.
- Sitting on a picnic rug may be difficult for some. Consider a location with suitable seating or bring folding chairs and tables.
- Disposable plates, cups and cutlery can save on washing up, but they may be flimsy and tricky for older people to use. Consider purchasing a more durable and re-useable picnic set to bring along to barbeques and picnics.