

# Picnics and BBQs

## Food and play ideas

Kids love picnics and BBQs, they are a great way to enjoy the outdoors.

Try these ideas to make your next picnic or BBQ tasty and fun.

### BBQ ideas

- Hamburgers are a BBQ favourite. Choose lean burgers or make your own. Add herbs, spices and grated vegetables such as onion, carrot, zucchini, beetroot or beans.
- Most sausages are high in fat and salt. Fresh meat is a better choice, for example lean burgers and chicken kebabs.
- Make vegetable burgers using lentils, chickpeas, tofu or sweet potato, or use store-bought ones.
- Jacket potatoes can be precooked and reheated in foil on the BBQ. Serve with fillings such as beans, coleslaw and natural yoghurt.
- Vegetable kebabs try a mix of capsicum, mushroom, onion, zucchini and tomatoes.
- Salads such as Greek, roast vegetable, potato or pasta salad.
- Wholemeal or wholegrain breads are higher in fibre. Swap white bread for wholemeal and wholegrain, or offer both types for variety.

### Picnic food ideas

- For picnic foods, think 'easy to eat'. Take finger food that is easy to transport. Picnic favourites include sandwiches, salad rolls and quiche.
- Seasonal fruit, cut up and served on a platter.
- Water is the best drink. Try iced water with lemon or mint.

### Food safety tips

- Store, carry and cook food carefully.
- Eskys and ice-blocks can be used to keep meat, salads and other fresh food cool.
- Keep uncooked meat separate from salads in the esky.
- Check all meat is cooked through especially chicken and hamburgers.
- Use separate plates and utensils for raw and cooked meat.
- Only take salads out from the cooler bag when you are ready to eat.
- Refrigerate leftovers and use within one to two days.

## Nature play

BBQs and picnics are a great chance for kids to enjoy some active play time outdoors.

Choose a place where they can explore and play safely. Try these fun ideas:

- go on a bug hunt
- make leaf boats and float them in a creek or puddle
- search for a bird nest
- invent a game
- search for different kinds of leaves.

## Other things to think about

When planning your BBQ or picnic, think about any special dietary needs.

If you are feeding other children check with parents before hand about any allergies or intolerances.

Consider buying a durable and re-useable picnic set. Young children may find disposable plates and cutlery difficult to use so bring their set from home.

Keep children away from cooking areas to avoid burns.