

Picnic Rescue

Top tips to plan a tasty picnic,
avoid waste and save money

Stick this leaflet to your fridge
or store it with your cool bag



Environmental
Education
Project
South Derbyshire

Waste less
Save more

Sainsbury's
live well for less

Keep food safe and minimise waste...

Chilled food should be kept cooler than 5°C using a cool bag or ice packs. At warmer temperatures it is still safe to eat for a period of up to four hours.

- If you don't have a cool pack try freezing a bottle of water instead.
- Keep meat and egg products separate from other food until you are ready to eat.
- Take a clean blanket or tablecloth to sit on – so that dropped food is still fit to eat.
- Take fruit and salad items whole as they keep longer than cut food.
- Make sandwiches with little or no butter/ margarine to keep them tasting good all day. Try marmite or peanut butter instead.
- Do not handle food with dirty fingers.

For advice on preparing, cooking and storing food safely look at [NHS Choices 'Food Safety'](#).

It's aimed at food for children but is useful for any ages, especially when eating outdoors

Be careful with 'high risk' foods such as:

- Cooked meat & poultry, pates, savoury spreads.
- Milk, cream, ice cream, soft cheese.
- Egg / fish based products, mayonnaise, quiches, shellfish.
- Cooked rice and pasta.



Food ideas and portion control

Look in your fridge and store cupboard before you go shopping and see how creative you can be with a bit of online help.

Get the children to decide what they want so that they will eat it.

- BBC Good Food '[Guide to zero food waste](#)'.
- Love Food Hate Waste '[Portion Planning](#)'.
- Both these sites also have great ideas for picnic recipes with a difference!



Top picnic tips

How much should I take?

If meeting friends, check what they will be bringing.

BBC Good Food say we tend to over-cater, so if expecting 10 people plan for 9. If expecting 16, plan for 14 etc.

- Sandwiches: use 3 slices of bread for adults and 2 for children.
- Reduce the number of sandwiches if you have other savouries like sausage rolls.
- Give out sandwiches first then they are most likely to get eaten.

Storage ideas:

- If you are taking sandwiches with a single filling e.g. meat or cheese, try freezing the sandwiches before you go. They will defrost on the way and keep cool all day.
- Use air tight or 'fruit save' containers to keep food fresh and stop it getting bruised.
- Take some food bags and elastic bands or bag clips to seal up left over crisps, biscuits or snacks.

Alternatives to sandwiches:

Try bagels, muffins, savoury scones, cobs, pittas or wraps.

Pasties can be great for an all-in-one picnic meal.

Try other easy-to-prepare carbohydrates like pasta, quinoa or bulgar wheat.





Read other peoples'
top tips and share your own:



[www.facebook.com/groups/
SwadlincoteWasteLessSaveMore/](https://www.facebook.com/groups/SwadlincoteWasteLessSaveMore/)

[www.facebook.com/
LoveFoodHateWaste Community](https://www.facebook.com/LoveFoodHateWasteCommunity/)

Did you know?
We waste
24 million slices
of bread every day,
even though bread is
easy to freeze.

This and other food waste costs
an average family £60 a month
in food alone (2018 DATA).
For current data see:
www.wrap.org.uk/household-food-waste

What do I do with leftovers?

Choose picnic foods that can be
'recycled' safely into other meals.

For great ways to use up leftovers
look at:

www.LoveFoodHateWaste.com

You can give away leftovers using
the OLIO food sharing app:

www.OLIOApp.com

Food that can't be eaten can be composted.

ALL food waste in South Derbyshire can go in your FOOD WASTE bin



Thank you to everyone who provided tips
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For more information about the Picnic
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