



Healthy picnic **Let's go!**

When the days are longer and the weather is warmer, most of us want to spend more time outside, eating, drinking and playing.

A healthy picnic combines activities to help bring some joy along with foods that will help nourish you. Picnics can be last minute, like fresh takeout on a park bench on the weekend, or, with more planning, a party where everyone brings a dish.

Be sure to pack a blanket or chairs, a cooler for food and drinks, plates, utensils and cups, activities and something that plays music. You may also need sunscreen and bug repellent. And don't forget supplies for cleaning up.

Build a picnic board

Food boards are incredibly popular on social media and at social events. Making your own board allows you the freedom to include what you like and what's healthy. Consider what makes a good board—a mix of textures, tastes and easy-to-eat nibbles.¹

Start with veggies

Choose what's local and in season for you. Cucumbers, celery, carrots, radishes and small peppers serve as a colorful base and are great for dipping. Consider adding roasted or marinated vegetables or salad skewers.

Add fruits

Combine the sweet with the savory. Fresh melon slices, grapes and berries mix well with salty bites. Consider adding dried fruits as well.



Consider dips and spreads

Hummus, salsa, green or red pesto and yogurt or tofu-based dips are all great on a board. Remember to pack spoons for serving.

Add proteins

If your picnic includes barbeque, consider chicken skewers or vegan protein options like baked tofu squares. If not, add lean proteins that are portable, like nuts and seeds or hard-boiled eggs.

Remember to bring healthy whole grain crackers, whole wheat pita chips or 100% whole wheat bread to round out your offerings.

Let's get moving

Now that you've enjoyed delicious summer dining, let's get out there and move. Whether there are kids in attendance or not, indulge your inner child. Play the games you did when you were young. They're simple to explain, don't require much gear and are guaranteed to generate laughter. **Consider:**

- Red light, green light
- Simon says
- Mother, may I?
- Tag
- Hide-and-peek
- Duck, duck, goose
- Dodgeball
- Balloon volleyball



Take a trip to the dollar store and buy inexpensive items as prizes. Soap bubble wands, sidewalk chalk, squishy toys, kazoo's or whistles will bring smiles to faces of all ages.

Now pack a blanket and invite some loved ones for a memorable outdoor event!

Learn how we can help support you on your wellness journey.
To sign up or learn more, go to
[Go.Livongo.com/STATEOFIOWA/New](https://www.livongo.com/STATEOFIOWA/New).

¹<https://www.culinarynutrition.com/how-to-make-a-healthy-charcuterie-board/>

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