

# SUMMER PICNIC RULES

HERE'S OUR HOW-TO GUIDE FOR SAFETY PACKING A PICNIC: WHICH FOODS NEED TO KEEP COOL AND WHICH ONES CAN HANDLE A BIT OF TIME OUTSIDE, NO ICE PACK REQUIRED.

## **ALWAYS KEEP COOL:**

*These perishable foods must be kept cold.*

- > Meat, poultry, fish and seafood, raw or cooked
- > Egg-based foods (quiche, deviled eggs)
- > Sliced cured meats (ham, bologna, turkey breast)
- > Homemade sauces and dips
- > Green salads; rice, potato, quinoa, pasta and bean salads
- > Pre-cut vegetables and fruits
- > Sprouts
- > Milk and dairy products (hard cheeses can remain out at ambient temperature for a few hours)
- > Milk-based desserts (pudding, crème caramel, custard)

## **NO COOLER REQUIRED**

*These foods keep well without refrigeration for several hours.*

- > Peanut butter sandwiches (with jam or honey)
- > Canned tuna, salmon or bean salad (don't forget the can opener!)
- > Breads of all types (baguette, focaccia, pita, ciabatta)
- > Dried meats (jerky, bresaola)
- > Dried sausage (salami, soppressata, rosette de Lyon)
- > Mustard and other pickled condiments of all types
- > Whole seasonal vegetables (cherry tomatoes, cucumbers, radishes, sweet peas), which should be washed before leaving and then sliced on-site
- > Hard ripened cheeses (Parmesan, Romano, Gruyère, sharp cheddar)
- > Pickled foods in cans or jars (olives, pickles, sun-dried tomatoes, tapenade, marinated artichokes)
- > Whole seasonal fruit (apples, pears, cherries, peaches, nectarines, grapes, strawberries), which should be washed before leaving and sliced on-site as needed
- > Dried fruit and nuts
- > Granola and trail mix