



Picnic food ideas

The aim here is to get the children involved in the planning and preparation of these. They are all fun activities to complete together.

Rice/pasta/cous cous salad - a selection of fruit and vegetables added to cooked rice/pasta/cous cous. Kids can choose their own combinations – aim to make as colourful a salad as possible!

Cheesecake in a cup - layers of fruit and yoghurt with a biscuit base.

Sandwich swirls - a flattened piece of bread, crust removed, covered with your choice of topping and rolled into a swiss roll shape - then cut into slices.

Pizza faces on a wrap - you just need a wrap/slice of bread/chappati/crummet/muffin followed by some tomato puree and a selection of diced vegetables - be creative with your pattern, face or rainbow shape. Cover with a little grated cheese and cook for around 10 minutes in a medium hot oven.

Frozen homemade fruit and yoghurt lollies - mashed banana and yoghurt frozen in to an ice cube tray or other suitable freezable container - I used medicine pots!

DIY filled pitta pockets - let children create their own pitta pocket combination with whatever filling they choose. Examples include hard boiled egg, tomato, lettuce, ham, tuna, sweetcorn, grated carrot, grated cheese, cucumber, radish, spring onion.

Cheese and vegetable mini tortillas - see video blog. Use a muffin tray and add a selection of different fillings e.g pea and spring onion, tomato, ham and tomato... then fill up with the egg and cheese mixture. Cook for 20 mins - can be served hot or cold.

Potato salad - cooked cooled potatoes, combined with either spring onion or chives and a little yoghurt or mayonnaise.

Banana and jam in a wrap - wrap a banana and some jam in a wrap!
Simple!



Club sandwich - a sandwich made with 3 slices of bread instead of two - have some fun inventing a double sandwich filling - cheese on one layer, salad in the other layer or ham on one layer and cheese on the other or peppers on one layer and cream cheese on the other... the combination is endless.

Rainbow salad in a jar - fill a clean jam jar with layers of different coloured salad vegetables. Ideas include cucumber, tomato, lettuce grated carrot, peppers, sweetcorn, peas, cheese, tuna, pasta, cooked potatoes, rice, cous cous. You can add a salad dressing too if you like.

Bean and cream cheese dip with vegetables - a homemade dip with slices of vegetables (peppers, cucumber, carrot, baby sweetcorn, breadsticks, celery). You can also use bought dips such as hummus or tzatziki or make your own versions of these.

Crostini with different toppings - slices of toasted French bread with different toppings e.g. egg mayonnaise, tuna and sweetcorn, chopped fresh tomatoes.

Rainbow fruit kebabs with a dip - different coloured fruit on a cocktail stick, straw, kebab stick, or just arranged on a plate. You can add a dip if you like too. Grated orange rind in yoghurt works well.

Homemade fruity muffins - use a normal muffin/fairy cake recipe - add less sugar and instead add fruit - frozen, fresh or dried fruit work well.

Lettuce wraps - use the lettuce as your wrap and add your own filling such as rice, cheese, vegetables, tuna. Then roll it up and eat your creation!

Quick pizza wedges - one flour tortilla, spread with tomato puree then top with grated cheese, and a combination of your favourite pizza toppings e.g ham and pineapple, sweetcorn and tomatoes. Top with another tortilla. Squash down and bake in an oven for around 10 minutes or fry in a non-stick frying pan. Cut in to wedges and serve.

Water flavoured with fruit - have fun inventing your own combinations. Examples include basil and strawberry, mango and lime, lemon and lime, mint and cucumber, melon and mint... create your own with whatever fruits you have. You only need one piece of fruit.



Homemade milkshake - for example banana milkshake - 1 banana, 300ml milk. Blend or mash the two together for a delicious healthy shake. Sprinkle with a few hundreds and thousands if you have them for a rainbow effect.

Homemade mango lassi - a combination of fresh or frozen mango, milk and yoghurt - blended to make a delicious mango lassi drink. Yum!