

Yummy Picnic Ideas



We've put together some easy suggestions that will provide you with just the right balance to get you through to the end of the day whether you're big or small.

**Egg & Cress on 50/50 bread
Sliced Red & Green Peppers
Fruit Salad**



**Ham on brown bread
Slices Cherry Tomatoes
Blueberry Muffin**

**Cream Cheese & Cucumber
on wholemeal bread
Carrot Sticks & Banana**

**Chicken & Lettuce wrap
Houmous & Cucumber Sticks
Cubed cheese and crackers**

The most important thing about your picnic is that it gets your taste buds tingling so make sure that yours includes all your favourite things! Why not pick and mix from our list of suggestions to make yours perfect for you?

Think seasonal, fresh and filling. Hungry bears are no fun when their tummies are rumbling so we want everyone to have a really tasty lunch! Pack a lunch box full of tasty fruit and veg as well as grains and protein and remember to keep hydrated.



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www.teddybearspicnic.org.uk