

Healthy Living Focus Perfect Picnics!



Hello and welcome to this week's health living focus! In this edition we are looking at ways to enjoy a fantastic picnic, with a healthy twist! we will find out how to pack a healthy picnic, share top picnic tips to keep it exciting, and find ways to incorporate exercise into your picnic outing.

Picnic Essentials Checklist:

1. Hand sanitizer and antibacterial wipes
2. Lightweight cutlery and plates
3. A bag to take your rubbish home
4. Suncream or a brolley!

Pack up a hamper full of healthy food!

Avoid too much fat, salt and sugar

Instead of taking crisps, sausage rolls, cakes and sugary drinks, choose healthier options, such as unsalted nuts, lean meat (e.g. chicken breast and sugar-free drinks or water.

Try switching from white bread to wholemeal bread for your sandwiches or wholemeal pita or wraps.

Pack raw veg sticks, such as carrots celery, peppers, and cucumber to have with healthy dips, such as low-fat hummus.

For a healthy treat, try a fruit salad or fruit skewers!

Top picnic tips

Make your picnic simple yet interesting, aim to take a few, well made dishes, such as pitta stuffed with goats cheese and salad

Avoid sticky, messy food such as icecream and iced cakes, not only are these unhealthy and hard to transport, they attract wasps!

Plan with portions in mind. Eating too excess is not healthy, and taking too much food will make for heavy bags

Keep it cool. Storing food at the right temperatures is important for safety, freeze small bottles of sugar free squash to double up as iceblocks as well as a chilled drink!

Enjoying a picnic in the great outdoors is one of the joys of a summer staycation!

- ✓ It is free!
- ✓ Helps you stay connected to friends and family.
- ✓ Be at one with nature.



Healthy living goal

See how many of your 5 a day can you add into your picnic!

Choose the perfect location to try out one of these active ideas

- Take leftover bread or oats to feed the ducks
- Play a game of football or tennis
- Use an outdoor gym
- Go on a woodland walk
- Aim to walk for 30 minutes after enjoying your picnic to get those steps in



- ✓ Visit <https://heartresearch.org.uk/ht-vegetarian-picnics/> for tips on creating the perfect vegetarian picnic, focusing on meat free ideas that are also great for you heart health!

RECIPE OF THE WEEK

Cheesy Picnic Scones



Ingredients

250g wholemeal flour
250g plain flour
2 tsp baking powder
½ tsp salt
200g grated half fat cheddar
100g grated Parmesan, or similar vegetarian hard cheese
400ml oz milk
1 free-range egg, beaten

Healthy Living Tips

- Serve these tasty scones with low fat spread, or light soft cheese for a delicious accompaniment to your picnic.

Method

1. Pre-heat the oven to 220C/425F/Gas 7. Line a baking tray with baking paper.
2. Place both flours, baking powder, salt, cheddar and half the parmesan into a large bowl and mix to combine, using the spoon, make a well in the middle of the bowl.
3. Add the milk and bring the ingredients together with your hands or a wooden spoon. The mixture will be sticky at this point.
4. Tip the mixture onto a lightly floured surface. Fold and knead to form a dough.
5. Flatten or lightly roll the dough to 2.5cm/1in thick. use a 6cm/2½in round cutter to cut out 15 scones. Place them onto the baking tray (you may need to do this in two batches).
6. Brush the tops of the scones with the beaten egg and sprinkle with the remaining parmesan.
7. Cook for 15-17 minutes until the scones are risen and golden-brown.
8. Allow to cool and store in an airtight container for up to 3 days.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

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