

Picnic Tips

Here are some tips for making your picnic outing an enjoyable and positive experience:

- 1. Ask for assistance.** Food is often served in buffet lines at picnics. Ask for descriptions of the different types of food and beverages, and where the dishes are located.
- 2. Use a cafeteria tray.** This can help you organize your food items and stay oriented to your place setting. If possible, choose a tray that gives you good color contrast.
- 3. Use a compartment plate.** This plate keeps food separated. It also makes it easier to scoop food onto your fork or spoon, as you can push the fork or spoon against its sides. Or, use a plate guard. This plastic rim fits around the plate, keeping food on it.
- 4. Use color contrasting plates and placemats.** They can help you identify the foods on your plate and find your place setting more easily.
- 5. Use a muffin tin as cupholders** to keep your drinks from tipping over.
- 6. Use cupcake liners** to catch any drips as your ice cream bar or Popsicle starts to melt. You can also use cupcake liners as lids for your drink cups. Just turn the liner upside down, poke a straw through it, and put the liner over the top of your drink cup. Now your drink will stay bug-free!