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FOOD THAT'S FUN IN THE SUN

Plan a Picnic Menu

- Tuna Pasta Salad
- Whole Wheat Crackers
- Grapes or Watermelon
- Yogurt in small containers
- Water in water bottles



Don't forget to wash fruits and veggies before preparing and packing in your cooler.

Kids can...

- Choose veggies and fruit to add to the picnic.
- Help carry picnic supplies.
- Choose a fun outdoor game to play. Try games that don't require equipment:
 - Red light, green light
 - Freeze tag
 - Hide and seek



Keep your Cooler COOL

- Freeze plastic bottles of water to create your own reusable ice blocks.
- Keep your cooler closed as much as possible.
- Don't leave the cooler in a hot car.



Monthly Hero Checklist

- Plan a day to play outside at a park
- Keep picnic food safe by packing in a cooler with ice.
- Drink water when thirsty to keep cool on hot days.
- _____



FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service



Tuna Pasta Salad

Ingredients

- 2 cups **macaroni**, uncooked
- 2 cans **tuna**, water pack (5 ounces each)
- ½ cup chopped **zucchini**
- ¼ cup sliced **carrots**
- 1/3 cup diced **onion**
- ¼ cup **mayonnaise** or salad dressing

Directions

1. Cook macaroni according to package directions. Pour off the cooking liquid and cool.
2. Drain tuna.
3. Wash vegetables. Chop zucchini; slice carrots into this slices; dice onion.
4. Mix all ingredients together in a bowl.
5. Chill until ready to serve.

Notes:

Make ahead and chill well if taking on a picnic.

Nutrition Facts	
Serving Size 1 cup (116g)	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 220mg	9%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 17g	
Vitamin A 20%	• Vitamin C 4%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and tips on eating well for less, visit www.foodhero.org