



Green Picnic CHECKLIST




This is an interactive checklist to help choose environmental options.

1. Review the tips.
2. Use the links to make resilient decisions.
3. Enter the necessary information.
4. Check, only the items you need.

TIPS FOR THINKING SUSTAINABLY

- Locally sourced ingredients.
- Choose more vegetable dishes than meats.
- Provide alternatives KETO, Low carb, etc....
- Consider Catering (leftovers can be donated).
- Estimate how much food your group will eat to avoid leftovers.
- Pack a paper bag to carry dirty dishes home.
- Wrap sandwiches in unbleached parchment
- Select healthy appetizers like nuts & fruits.
- Large groups, bring two coolers: 1. Frequent Opening (drinks); 2. Perishable foods like meats and salads.
- Pack basket in reverse order to make it easy on arrival.
- Have invitees bring their favorite dish.
- Leafy salads will wilt too quickly.
- Freeze fruit juice in ice cube trays.
- Keep sauces and dressings separate.
- Do all the cutting at home not at the picnic.
- Choose food that only needs a fork or can be hand-held.
- Select recipes you can make ahead of time.
- Select recipes that travel well & taste delicious at room temperature.
- 2 Hour Rule.** Do not leave perishable food unrefrigerated for more than two hours.
- Remember the most important thing about a picnic IS THE COMPANY.**

LOCATION | LOCATION | LOCATION

- Selecting a location is fun and important for setting the scene or theme.
- Use the **Event Calculator** to see how much carbon you will use. 
- Check the [UV Index](#) for your picnic location.
- Theme:** _____
- Location:** _____

DATE | TIME | WEATHER

- Check the weather forecast (Don't restrict picnics to summertime). **Temp:** _____
- Large Group? Use [Survey Monkey](#) or [Survey Planet](#). Provide a few dates and allow everyone to vote on the best date/time
- Send invitations via text w/map attached.
- Date:** _____ am/pm

EQUIPMENT | SUPPLIES

- Transportation: bike, hike, skateboards, etc....
- Natural bug repellent or citronella candles
- Compostable paper plates, tray's, & utensils. [Webstaurant Store](#)
- Biodegradable paper plates, trays, & utensils. [Green Paper Products](#)
- REMINDER: if you don't compost do not use biodegradable or compostable.**

- Reusable plates, plates, trays, & utensils
- Homemade sanitizer: 3 oz. alcohol; 1 oz. aloe vera gel; 1 oz distilled water; 1/4 tsp vitamin E oil; 10 drops lavender oil; 30 drops tea tree oil
- Sunscreen – Ingredients to avoid: oxybenzone (one of the worst offenders), avobenzone, octisalate, octocrylene, homosalate, & octinoxate
- Best option wear protective clothing: hats, sunglasses, light clothing
- Safety Equipment: helmet, lights, pads, reflective, & high visibility clothing
- Bike patch kit, pump, multi-tool, & spare tube
- First aid kit
- Picnic Basket or Backpack Coolers
- Seating: Blankets, chairs, etc...
- Reusable Coolers – NO Styrofoam
- Napkins, tablecloths, moist wipes
- Corkscrew and/or bottle opener
- Serving utensils
- Cutting board & knife
- Cell & Emergency contact information
- _____
- _____
- _____

APPETIZER MENU

- _____
- _____
- _____
- _____
- _____
- _____
- _____

MAIN & SIDE DISHES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRINKS | DESSERTS

- _____
- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____
- _____
- _____
- _____

ACTIVITIES | ENTERTAINMENT | FUN

- Nature Photography
- Geocaching: interactive treasure hunt
- Trivia : A&E, Environment, Nature, Sports
- Board games; Cards; Dominoes
- Set up a microscope to get a close look at what is around you
- Bocce ball; Beanbag Toss; Lawn Bowling
- Badminton; Croquet; Ring Toss; Squirt Guns
- Bring a book, journal, binoculars
- Scavenger Hunts Types: Clue-based, Find Everything, Find Prizes, Find Ideas
- _____
- _____
- _____

CLEAN UP | PACKING

- Pack up everything. Leave memories...
- Trash bags (if necessary)
- Pack dirty dishes, utensil in paper bag
- Repurpose your cooler Ice & water
- _____
- _____
- _____