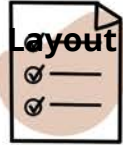


Guidance on Food and Drink

Food can be one of the loveliest parts of a picnic. Keeping things simple, familiar and easy to manage can help everyone relax and enjoy the day.



Practical tips for a smooth day

Food and safety basics

- Use coolers or fridges for food, especially on hot days
- Label dishes clearly with allergen and dietary preference information
- Have wipes and hand gel available



Simple, familiar picnic food

Keep food easy to hold, not too messy, and familiar options where possible.

Sandwich ideas

- Egg mayo and cress
- Ham and tomato
- Cheese and cucumber
- Tuna and sweetcorn



Tip: cut into fingers or triangles and offer soft bread options.

Savoury bites

- Mini quiches
- Sausage rolls (cut into halves)
- Cheese and crackers with grapes
- Veggie sticks with hummus



Tip: Avoid very hard foods as some guests may have difficulty chewing or swallowing.

Sweet treats

- Scones with jam
- Flapjacks
- Fairy cakes
- Fruit salad cups