

PICNIC FOR THE PLANET ACTION KIT

Plan a Picnic that's Good for You AND the Earth too!

Earth Day is coming... What are you up to on April 22? Join Friends for Change and The Nature Conservancy to celebrate Earth Day with a Picnic for Earth!

Picnic for the Planet is your chance to get outside, have a blast and say thanks to the Earth for the food it gives us each day. Grab your friends and family and be a part of the worldwide celebration!



PLAN YOUR PICNIC IN 4 ACTION STEPS

1

PICK A PLACE: You don't have to go far to find a great outdoor picnic spot!

- Visit a favorite park or botanical garden.
- Hike to a hilltop or mountain peak.
- Spread a blanket at the beach, by a lake, or a river.
- Talk to teachers about a school-wide picnic.
- Stay close to home for a backyard picnic.

For more ideas, visit:
www.nature.org/earthday

fun fact

Did you know that the livestock that we raise for food generates more greenhouse gases than all the planet's planes, trains and automobiles combined? Pack potato salad, fruits, veggies, crackers, cheese and other meat-free picnic foods, and the Earth will thank YOU!

2

PLAN A MENU: Create a planet-pleasing menu with these earth-friendly food tips:

- **Go Potluck.** Invite your friends and family to bring foods to share.
- **Buy Local.** Buying locally grown food supports your local farmers and reduces the distance it travels to you, cutting greenhouse gas emissions.
- **Pick Pesticide-free.** Pesticides can harm our food, our bodies and the planet. Choose organic foods to avoid 'em.
- **Read Labels.** Taking time to read food labels and stickers can help you pick earth-friendly food. Look for the terms "certified organic," "shade-grown," "rainforest certified," "free-range," "cage-free," "dolphin-safe," and "fair trade certified."
- **Go Meatless.** Choosing fruits and veggies instead of meat curbs greenhouse gas emissions and slows deforestation -- plus it's super healthy.
- **Eat Outside.** Eating outdoors in fresh air makes food taste even better!



3 GRAB THE GEAR: Preparation is key for a perfect picnic. Make a list of essentials and go have fun!

- Remember plates, glasses, utensils and napkins. Reduce waste by bringing earth-friendly reusable items.
- Bring a large blanket, or a table and chairs.
- Pack your cooler with food, drinks and ice.
- Bring music and outdoor games like Bocce Ball, Croquet or Frisbee Golf.
- Don't forget sunscreen, hats and extra layers, just in case!



outdoor makeover

Want to take your picnic to the next level? Visit Disney.com/friends and pledge "Outdoor Makeover" and with the help of your friends and family, beautify your picnic location by picking up garbage around your picnic area making it ready for all to enjoy!



4 GET OUT AND ENJOY

- Now that you have your food, friends and family, get outside and enjoy! Relax and enjoy the sounds of nature, or visit <http://www.naturerocks.org/extras.aspx> to download a Nature Treasure Hunt for a great post-picnic activity!
- Remember, you can Picnic for the Planet on Earth Day, or any day.

