



COLORADO STATE UNIVERSITY
EXTENSION

Family Matters

Improving Health Together

June 2023 Newsletter

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Indoor Picnics in Style

By

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Rainy weather ruining your picnic plans? Or is it just too hot to be outside? Treat your family to an indoor picnic instead! While there are many outside venues to hold a picnic, you can make an indoor one be just as fun. You can make this a special time with your family and start a new tradition of indoor picnics!

Start by deciding which room in the house you want to turn into a picnic spot. The picnic does not have to be held in the kitchen, though that would be convenient because of the easy access to food and dishware. Remember, your goal is to take an outdoor atmosphere and bring it inside with all the fixings of a true picnic. You could hold it in a child's bedroom, the living room, or a reading nook. It can be any place that you want to bring the outdoors in.



Next, decide how much you want to change that room. Do you want to make it a total transformation, or simply eat on the floor and blanket in front of the couch? Get some ideas from your children. They will have plenty! What about moving furniture out of the way and setting up a tent. Or find multiple blankets and pillows to put on the floor. Maybe bring all the stuffed animals to sit with you during the picnic. Play some wildlife music so that you feel as if you are outside. The sky is the limit with indoor picnics. Let your children help set everything up. This will give them a sense of adventure while they make it a special event.

Because most picnics are held close to playgrounds or parks so that kids can run around and have some fun after the meal, why not come up with a special activity to fill the time. An indoor scavenger hunt may be just the ticket. Make a list of unusual things found in the home, then send the children off to find each one. Pair up with a partner, then the winning team gets to plan the next activity.

Other great indoor ideas and tips:

- If it is chilly out, sit by the fireplace
- Pack a picnic basket or cooler, just like the real thing, including plates and utensils
- Pick a theme like mountain camping, teddy bear picnic, or safari
- Make the picnic for lunch or dinner, or both
- Have everyone wear pajamas, silly socks or a hat
- Tell campfire/flashlight stories
- Hold a talent show
- Take turns reading books



Helping families increase physical activity and enjoy healthy foods ...

Let's Talk

Let your children plan the menu. Give them nutritious ideas that they can make themselves. Let them make their favorite sandwiches and talk about why they are favorites. It's also a good time to talk about nutritional value of food and why it's important to eat healthy. Be sure to include easy items like fruit and vegetables that do not require extra work like cutting. And of course, do not forget something to drink. The more you include your children in menu planning and making healthy choices, the more they will make good choices later in life.



Recipe For Health

Peanut Butter Banana Quesadillas

Ingredients

8-inch whole wheat tortillas
Peanut butter
Bananas
Chocolate chips

Directions

1. Wash hands and food contact surfaces with soap and water.
2. Spread 2 tablespoons of peanut butter over the surface of one tortilla.
3. Peel and thinly slice one banana, then lay the slices over one half of the tortilla.
4. Sprinkle chocolate chips over the bananas, then fold it in half.
5. Cook the quesadilla in a skillet over medium-low heat until it is golden brown and crispy on both sides and the chocolate and banana slices are melty inside.

