

Are you ready for an #Eat4Change picnic?

Organize your own sustainable picnic

Make the difference for the planet



Dear Picnicker,

With this template, we want to give you a short guideline for your sustainable picnic as well as a few inspirations to try out. Before we get into the details, we want to share two principles with you to consider when planning your sustainable picnic.

First, **celebrate it!** A picnic is not your everyday meal. Take this as an opportunity to think about the food you eat, make something tasty and celebrate good food in good company. Second,

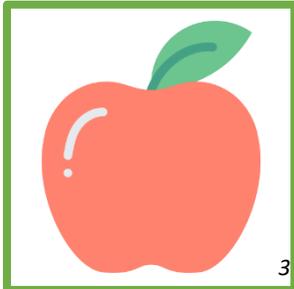
Keep it simple. Use the material and ingredients you have available. You don't need to buy something new or do something extravagant to have an awesome sustainable picnic with your friends.



A Sustainable Picnic!

A picnic consists of four components: the Food, the Picnic gear, the Place, and the Transports taken by the guests. You can influence all four of those to make your picnic as sustainable as possible.

Don't worry! Your picnic might not hit all the criteria, but every little thing that makes a picnic more sustainable is a good step.



Food - Our diet has a great impact on our climate. Plant-based meals have significantly smaller CO2 emissions than those with meat and dairy products. Be creative and re-invent, traditional, often meat-centric dishes into modern, sustainable delicacies. Use this opportunity to discover new, local sources for your food and support your local farmers. Plan that others will bring some food as well and plan small portions.



Picnic gear - The picnic blanket might be the most iconic picnic item. If you have one, great if you don't wait a second before you buy a brand-new one. Maybe someone has some old sheet lying around which serves the purpose. Avoid using disposable tableware and food wrapping made of paper or plastic. If you bring your food in Tupperware, you can use it as a plate and for leftovers at the end of the picnic.



Place/Location - There are many beautiful places to pick for your picnics like forests, beaches, and parks. Think of the location and how sustainable it is. For example, would you consider a park that is watering during a drought to stay green and sustainable? Integrate the location into your picnic. Maybe you find a way to make the place of your picnic more sustainable, for example by organizing a clean-up action on the beach before your picnic.



Transportation - The most beautiful places are most often the most difficult to reach. If everybody comes separately by car it might counteract your other sustainable efforts. Think of how people will reach your picnic if they can go by public transport, bike or even walk there.

¹ www.flaticon.com/authors/kp-arts

² www.flaticon.com/authors/freepik

Activities for Sustainable Picnics

Running Picnic:

Basic Idea: You have multiple small picnics, each organized by different people or teams. It's a great activity to mingle and network.

Requirements: You need at least 9 persons or teams for this picnic.

Steps to organize:

1. Each team gets assigned a course (appetizer, main course, dessert). You need 3 teams per course.
2. The Appetizer teams organize the first round of picnics. A main course and a dessert team join each appetizer team.
3. Then, while the appetizer teams clean up, the main course teams will start to set up their picnics and will be joined by an appetizer and a dessert team. Beware, it has to be different teams than in the first round!
4. The same is repeated for the dessert teams so that each team meets with 6 other teams.
5. In the end, all teams could meet for a final event, a big picnic for example.

Tips:

- Set times when which course should start, so all teams are on time.
- Search for “running dinner” or “flying dinner” to get more resources to organize your running picnic.

Blind Picnic:

Basic Idea: Close your eyes and let your taste buds take over.

Requirements: 3-6 people

Steps to organize:

1. Coordinate with your fellow picnickers who brings what kind of dish and the order in which you serve e.g.:
 - a. appetizers, main course, and dessert
 - b. sweet and salty
2. Come together for the picnic but keep your dish a secrete.
3. Everybody closes their eyes or puts on blindfolds.
4. The first picniker opens their eyes and serves the dish.
5. The other picnickers have to taste and guess what they are eating.
6. Continue until everyone served their dish.

Tips:

- While you should keep your food a secret, talk about food intolerances and allergies beforehand.



Perfect Picnic Competition:

Basic Idea: Compete with your friends. Who will make the perfect sustainable picnic?

Requirements: 3-5 people

Steps to organize:

1. Every participant gets a day or time slot to host a picnic.
2. The host is responsible for a perfect and sustainable picnic, this includes the food, the location, and maybe some small picnic-related activities.
3. After each picnic, the guests rate the picnic from 1-10 but keep the score a secret until the end.
4. After the last picnic, the scores are revealed. The host with the biggest score wins.

Tips:

- Talk about the criteria you will rate the picnics beforehand.
- Set a time frame for how long a picnic should be, especially if you have multiple picnics a day.
- The winner gets honour and glory or maybe something you have agreed on beforehand.

Trivia Picnic:

Basic Idea: Use this picnic to test and expand your knowledge of sustainable diets.

Requirements: +5 people

Steps to organize:

1. There needs to be a host who will prepare the questions or prompts and be the game moderator. The questions need to be fitting for “sustainability experts” and to “sustainability newbies”. It should promote a sustainable dialogue.
2. The teams should be seated together, and they should have an equal number of participants (there could be a team with a plus or less member).
3. The host delivers the question or prompt, and the game can go two ways:
 - If the host decides it will be a question-and-answer game, the teams should have something to indicate they are ready to answer. Each correct answer equals one point. If the first team to answer is wrong, the second team ready can answer it or the host could give the correct answer and move on to the next question.
 - If it is a prompt game, the teams should have at least 3-5 minutes to discuss their answer and then after they present it to the other teams, the host would decide which team gets the point (it can also be done with a democratic system where the teams vote for a winner).
4. The winning team gets a prize to be decided by the host. A small, easy and fun example is: “Sustainability heroes” who get to brag about it for the rest of the day.

Tips:

- Search for pub trivia to get more insight of the concept and even some ideas.
- Feel free to adapt this to your environment and liking.
- Be creative with the prize.
- The host should have the questions or prompts, and the rules set out before the picnic (the rules should be clear and visible so everyone can look them up when needed).
- Be mindful of your actions and words used. Respect others.



Connect with nature:

Basic Idea: Have a picnic in a natural space, explore the outside and connect with mother nature.

Requirements: An expert in natural and wild herbs and fruits.

Steps to organize:

1. Pick the place where your picnic will take place (could be a forest, a natural park, etc).
2. Be as simplistic as you can (try to not bring too much food so the picnic can be about the natural nourishment your location provides).
3. Pick berries, herbs and other fruits, etc, to integrate in your picnic. Only gather what your expert deems edible.
4. Enjoy the outside and the many wonders it can give you. Walk barefoot, do nature mandalas, paint with sustainable materials (natural pigments and fabric instead of a canvas, also painting with hands and feet), connect with nature.

Tips:

- Adapt this idea to your location.
- Try to not get poisoned (you really need an expert because some flowers, for example, look similar but only one kind is digestible).
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- Use this as an opportunity to detox from busy life, the modern society and go back to more simple times.
- Check the weather and if there are any restrictions to the place where your event will take place.
- Be a happy and sustainable nymph!

Workshops about herbs and other things to gather from nature:

Basic Idea: Find out what berries, herbs, flowers, etc can you eat.

Requirements: An expert in natural and wild aliments. +3 participants.

Steps to organize:

1. The host should ask an expert for help if they aren't one already.
2. Pick a place for your workshop.
3. Plan the workshop (could follow this structure).
 - What berries, herbs, flowers, etc can you eat.
 - How to identify/ tell them apart.
 - How to prepare them.
 - How to integrate them in our cuisine.
 - Possible dishes.
4. Apply this new knowledge in a dish in the end of the workshop.
5. Enjoy this experience and share it with others.

Tips:

- Everyone should bring something to write what they learned.
- Promote an open environment where people can express their experiences.
- Take time to prepare the event and make sure your information is all correct.
- Get an expert in the field.

