



MyPyramid Audio Podcasts

Packing Your Picnic Foods

[Intro Music] Welcome to MyPyramid Podcasts. They are brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: outdoors, birds] When it's a beautiful day, I love to turn my meal into a picnic by going outside. It's not all fun and games though: keep these tips in mind to keep your food safe to eat. When packing your picnic, separate warm foods from cold foods. You can use a microwaveable heat pack to keep hot foods hot. You can use ice packs or frozen drinks will keep cold food cold. Remember that rule "When in doubt, throw it out?" Well it still holds true for picnics. Make sure you discard anything that's been sitting out for more than two hours, even if looks or smells good.

That's it for today. To see these tips in action on a funny podcast, go on our website at MyPyramid.gov. While you're there, check out our other great tips on how to eat and live healthy. Talk to you next time.