



## Week 2: Accountability Card

This week is about ways to picnic healthfully. Place a check in the box when you have incorporated the strategies into your picnic routine.

<b>Have other drink options instead of diet and regular soda.</b>	
<b>Decrease the amount of high sugar laden beverages at the picnic.</b>	
<b>Make fresh fruit a part of the picnic menu.</b>	
<b>Make a list of the things you need to change or do to practice good picnic food safety.</b>	

What drinks are you going to serve to replace the sodas and high sugar drinks?