

One Planet Picnic



A guide to organising your One Planet Picnic

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What is a One Planet Picnic?

What is different about a One Planet Picnic? It's a picnic that is **good for you and good for the planet.**

That means:

- Choose as many ingredients as you can that are local and seasonal, organically grown or ethically traded.
- Reduce food waste and packaging waste.

Why hold a One Planet Picnic?

There are many reasons. Here are some we can think of:

- It's a fun way to get to know some of the great foods and places local to you.
- Your money goes into the local economy, helping local people and businesses.
- You will begin to recognise and enjoy foods that are better for the environment.
- You will reduce packaging and food waste.
- You can build relationships with friends, family, colleagues and neighbours.

What are your reasons for holding your **One Planet Picnic**?



When and where will we have our One Planet Picnic?

Anywhere, any time, any place, as long as you have permission.

Choose a place and time that are convenient for you and that will suit the people you want to come along.

Make sure that you register your One Planet Picnic to receive a downloadable pack of resources.

www.keepsotlandbeautiful.org/opp

People say that food tastes better outdoors but you may want to have an indoors option or a gazebo for shelter.

Who will come?

Your One Planet Picnic can be for a group of people you already know or as an open event for the public.

If it is for a group of people you already know, it can be a:

- Lunch time staff social.
- Community group or organisation get together.
- Class, year group or whole school way to mark the beginning or end of a school year.

If your invitation is for the public it could be:

- An event to attract people to a venue.
- A launch or celebration of a community project.

You can use the posters and invitations as reminders or to attract people along. Use the **#OnePlanetPicnic** hashtag in tweets and tag **@KSBScotland**.

Who will help?

Sharing the organising tasks can make it more fun. Make sure each person understands their task and any deadline. Good communication helps everyone.

There are templates to help you promote your One Planet Picnic which you will receive when you register your picnic with us.

There are templates to help a group or class to plan what food is provided. This is a great way to reduce waste.

You may want to make decorations for your One Planet Picnic or lay out games and activities. There's a fun quiz to download when you register.

Would you like someone to make sure that they take photographs for you? There may be clearing up to do at the end.

Who feeds who?

Each person can bring something just for themselves or something to share, or you can provide food for your guests. Decide what will suit your One Planet Picnic best.

All your One Planet Picnickers will need to know what to do to make it a One Planet Picnic. Ask them to try to use local and seasonal, organically grown and ethically traded ingredients as well as planning how to reduce food waste.

Here is some text that you can adapt and use in an email, letter or press release:

We need your help! Please make sure that the snacks and food you provide for our One Planet Picnic use local and seasonal foods. If they are imported, look for fairly traded foods. Avoid single-use plastic (such as drink cartons, packets and wrappers). It's a great excuse to spend a bit of time discovering new foods or rediscovering old favourites. Here are a few ideas to start:

- Snack sticks from raw vegetables, for example carrots, cucumber, radish.
- Seasonal Scottish soft fruits.
- Sandwiches, pitta pockets or wraps filled with egg and cress, marmite and cucumber slices, mushroom pate and lettuce, cheese and pickle or mustard.



There's more seasonal food to browse on the Greener Scotland website:
www.greenerScotland.org/eating-greener/in-season-food-calendar

Serving food

If people are bringing food for just themselves to eat, ask them to bring it in a re-usable container. That way any left overs can go home with them too.

If people are bringing food to share, ask them to label their dish with its ingredients so that everyone can see allergy and dietary information.

Recipe share sheets are in the registration download pack for sharing recipes.

Even if you can provide some, you can also ask people to bring their own plates and cutlery. Ask them to bring re-usable things that they will take home again to avoid waste.

Food safety

You may not know what food will be brought along but you can make sure that it is handled safely. Cleanliness, food temperature, storage and keeping it covered are things to be considered: think three 'Cs' - cleanliness, chilling, cross-contamination. Cooking is a fourth 'C' of food hygiene if you plan to cook food at the event.

Clean the surfaces, crockery and cutlery if you are providing any. If possible, show people where they can wash their hands with soap and water.

Minimise the time that chilled food is out of the fridge. You can use a cool box to help keep food cool. The contents of your cool box will stay cool for longer if you minimise the number of times it is opened.

If you are preparing food, avoid cross-contamination where bacteria is transferred from raw foods, especially meat, poultry, fish and shellfish, to cooked food. This can happen directly from food to food or indirectly from food to surface and then surface to food.

Keep food covered **before and after** your picnic

Being comfy

If your picnic is outside you can ask people to bring things to sit on - a blanket, coat, or beach mat. A cushion in a plastic bag makes a waterproof seat you can put anywhere.

Be prepared with shelter from the weather for people and food. If you have a sunny day, think about shade to keep cool. Does someone have a gazebo you could borrow?





Finding your food

Local food

At a shop

Independent food shops: www.bigbarn.co.uk/local-food-map

From the farm

Farm shop: www.farminguk.com/farmshopsmap

Community Supported Agriculture www.communitysupportedagriculture.org.uk/find-csa

Pick Your Own www.pickyourownfarms.org.uk/scotland_pyo.php

From a market

Farmers markets: www.taste-of-scotland.com/farmers-markets-in-scotland

Home delivery

Veg box schemes: <http://www.foodboxfinder.co.uk>

Online ordering

Open Food Network: www.openfoodnetwork.org.uk/shops

Neighbourfood: www.neighbourfood.co.uk

What's in season?

What Scottish foods are ripe and plentiful across the year? www.greenerScotland.org/eating-greener/in-season-food-calendar

For fresh fish: www.mcsuk.org/media/seafood/BuyingFishInSeason.pdf

For tinned or frozen seafood: www.msc.org/what-you-can-do/eat-sustainable-seafood/fish-to-eat

Here is a handy guide to show you which labels to look for:

<https://sustainablefoodtrust.org/articles/debunking-food-labels/>

What have you got **growing in the garden?** Is there a local community garden or allotment you can ask for produce?



We support the Sustainable Development Goals.

Keep Scotland Beautiful is the charity that provides education initiatives for children, young people and educators which focus on environmental issues to improve understanding and encourage positive action. It's part of our work to make Scotland clean, green and sustainable.



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