

Quick 'n Easy Program



Welcome to the TOPS Picnic!

This program should be presented prior to a summer holiday where there will be a picnic or cookout.

Materials:

- Poster board or paper pad with display easel and marker
- Paper plates and writing utensil for each member

Preparation:

Write "Welcome to the TOPS Picnic!" across the top of the poster board or large pad of paper. Write large enough so the entire group will be able to see. Next, divide the page into four sections with the following categories: Meats, Fruits and Vegetables, Grains (pasta, bread, etc.), Desserts and Extras. Write the following food items under each category and feel free to add your own suggestions:

Meats/Protein

- Turkey burger
- Hot dog
- Bratwurst
- Chicken breast

Fruits and Vegetables

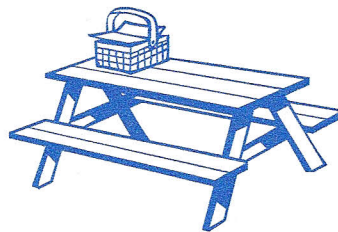
- Fruit salad (grapes, watermelon, cantaloupe, strawberries)
- Corn on the cob
- Lettuce and tomato
- Salsa

Grains

- Whole-grain bun
- Tortilla chips
- Pasta salad

Desserts and Extras

- Cupcake
- Brownie
- Angel food cake
- Soda
- Cheese
- Guacamole
- Baked beans



When members arrive, make sure everyone has a paper plate and writing utensil.

Begin the program:

Summer without a picnic just isn't summer. It is important to remember that we can enjoy the foods

and drinks we love at picnics without overindulging. Who would like to share tips for enjoying this summertime staple sensibly?

(Hold a 5-minute discussion with group.)

Share these possible answers and ask for others' tips.

- Bring your own healthy dish such as a whole grain pasta salad mixed with veggies and olive oil.
- Decide what you really want and adjust your meal accordingly. For example, if you really want a brownie, have a brownie but decide which other treat or dish you could do without. Or, if you're craving a cheeseburger, skip the bun.
- Eat a light snack before going to the picnic. If you show up hungry, you are more likely to overeat.

Activity:

(Refer to the "Welcome to the TOPS Picnic!" list you have created.)

We're less likely to overindulge when we plan ahead. Let's take a look at the list of foods I have included in our picnic. Choose the foods you like and write them on your plate. A good rule of thumb is to fill half of your plate with vegetables and fruit, one quarter with a meat or protein, and the remaining quarter with a grain or starch such as pasta salad or a whole-grain bun.

Keep your selections in mind prior to your upcoming picnic or cookout and try to stick to them as closely as you can.

For next week:

Remember to bring your plates to our next meeting. We'll report back on how we fared during our picnics!

Optional: This might be a good meeting to arrange for a tasting, where each member is allowed one small sample of a low-fat, low-cal, or low-sugar dish that could be brought to a summertime get-together. Lots of great recipe ideas are available in the member area of www.tops.org.

Find more great activities for your chapter meetings at the Leaders Corner of www.tops.org.

