

Compiled by Sligo & Leitrim County Childcare Committees

Games, Activities and Healthy Eating BOOKLET

suggestions for summer camp organisers



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Planning a Summer Scheme:

A summer scheme is essentially a community project involving adults, youth and children. All can contribute their individual ideas, skills and talents while gaining from the experience.

The main purpose of the Summer scheme is to provide opportunities and facilities where children and young people can play during the holiday period in an encouraging and responsible environment.

The ranges of activities that can be incorporated into a Summer scheme are endless. The programme of activities and events should encourage the interest of the local people in their immediate environment. Plan a trip to a local park or river. There are many human resources in an area – a person with a particular talent; a teacher of a particular craft.

Adventure activities should be included, as it is natural for children to climb and build dens.

The programme needs to be flexible. An event planned for outdoors on a wet day may have to be changed to indoors.

Things To consider before starting a Summer Scheme:

- The number of children you can cater for
- The age range of the children attending the project and how the programme fits in with these ages
- Is your programme open to children with special needs Contact the Health Service Executive Counsellor for parents of children with special needs who are aware of children who may benefit from the service in the area?
- Will you hold an enrolment night?
- Do you have enrolment forms?
- Have you considered Leaders/assistants and Volunteers to work in the Summer scheme?
- Do you have correct child-adult ratio?
- Have you adequate insurance – consult with the Health Service Executive?
- The hours the Summer scheme will open for...
- Appropriate Equipment/materials for the duration of the Scheme
- Do you have an outdoor and indoor venue to alternate depending on the weather?
- A list of ideas for outings e.g. trips to local venues swimming, sports field
- If going on outings or visits is there transport available
- Do members of staff have first aid skills?

- Do you have a first aid kit that can be brought when on outings?
- A supply of Accident/Incident forms, which should be completed after every accident/incident
- A supply of consent forms for outings/activities/pictures
- Are the venues child friendly and safe for all the children attending including those children with special needs?
- Will you provide food in your Summer scheme – is the food you provide a healthy option for the children and can you cater for children with special dietary needs?
- The duration of your scheme is...
- Do you have a programme of events for the duration of the Summer scheme?
- What are the aims of the Summer-scheme e.g. to provide a safe and fun environment for the children attending?
- Do you have a clear set of rules set out that the children understand?
- Do you have a committee in place?
- Have you approached local agencies and businesses for funding?

Basket-Soccer Ball

Equipment: Balls, Soccer/Basketball

How to play:

- Two teams are needed. The object of the game is to get both teams up and down the court as many times as possible in 15 minutes. Eg. Team 'A' and Team 'B' when at one end of the court, work together to pass the ball around pylons, then kick or lift the ball up into the hands of one of the team members, who then shoots at the basket. If the ball goes in, they can then go to the other end of the court and shoot for that hoop. Note: Only Team "A" can shoot at "A" basket and "B" shoots at "B" basket.



Koosh Ball

How to play:

- Start with small groups of about 10 people (or smaller). Form a circle.
- One person starts with the koosh ball. He/she names a particular person in the group and throws the ball to him/her. That person must catch the ball then names another person of the group and also throws the ball to him/her. Everyone in that circle will throw the ball to the person they have each named. This implies that everyone will receive the ball from the same person and throw it to the same person. (ie: A always throws the ball to C and C always throws it to G, etc...).
- Once the students have completed a full circle of ball throwing (3 - 4 times) without dropping the ball, The students will become more familiar with the activity. Then add a second ball and repeat the motion. Then go to 3 - 4 balls... Once the children are comfortable with this pattern, form a bigger circle by integrating all the children, and start throwing 1 koosh ball. Make a complete pattern. Every child will have the opportunity of receiving and throwing the koosh ball. Once the ball has gone around without being dropped, introduce a second ball, then a third, and so on.
- This game creates a pattern of motion, involving concentration, focus and a lot of fun. I have gone as high as 9 koosh balls with 27 children



Duck Duck Goose

How to play:

- In this game, kids sit down in a circle facing each other. One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are a "duck" or a "goose". Once some one is the "goose" they get up and try to chase "it" around the circle. The goal is to tap that person before they are able sit down in the "goose's" spot. If the goose is not able to do this, they become "it" for the next round and play continues. If they do tap the "it" person, the person tagged has to sit in the centre of the circle. Then the goose becomes it for the next round. The person in the middle can't leave until an other person is tagged and they are replaced.





Horse

2 or more players

- Need a basket ball, goal and markers if not on a gym floor.
- Each player takes turns shooting the ball from the square closest to the goal (right side) which is called "H" and when he/she makes the goal they move to the next square "O" and try to make that basket. The next area "R" is from the free throw line and then the player will travel to the next square on the left which is "S" and finally to the closest square to the goal on the left side "E". Each player starts on "H" and can only throw the ball once.
- If he/she misses they must go to the end of the line and wait their turn.
- As a player makes each basket he/she moves around in front of the goal throwing the ball from each spot on the floor spelling out horse.
- The player who spells out Horse first is the winner.

Parachute Game

How to Play

- You need a parachute - no strings - with a hole in the middle, and 20 or more bouncing balls one for each player. Number the balls and assign one to each player. Every player places his/her ball on the parachute and everyone grabs and lifts the parachute with two hands. Then everyone starts (usually after the gym teacher says "GO!") pumping the chute up and down to remove the balls. The player with their ball on the chute last, wins.

Coloured Eggs

How to Play

- One person is the "wolf". The other people line up next to each other, with the wolf facing them. Everyone in line picks a colour in their mind. The wolf then says... "knock-knock", the line answers "who's there?". Wolf replies "a big bad wolf with curly (or some other variation) hair".
- The line says "what do you want?" Wolf answers "coloured eggs". The line yells "what colour?". The wolf then says a colour. Whoever had "picked" that colour then runs around a selected area, with the wolf giving chase.
- If the wolf catches the "egg", then that person becomes the wolf with the game starting over. If not, and all eggs make it back to line successfully, the wolf then calls out the next colour, etc.

Everything with Feathers Flies

(Polish Game)

Number of players

This game is played with a minimum of 5 players and a maximum of 10 players.

Number of players

This game is played on a flat surface usually a table.

How to Play

This game is played on a flat surface usually a table.

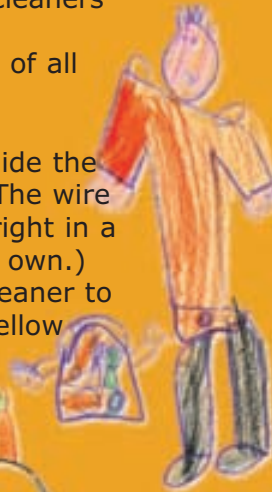
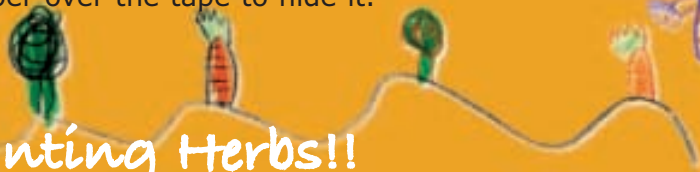
- The players choose a leader for the game who will call out an animal.
- If that animal has feathers the other players should hit the table and repeat the name of the animal said.
- If someone hits the table when an animal without feathers is called out he/she is eliminated.
- The last person left is the winner and becomes the leader for the next game.



Make Daffodils From Recycled Egg Cartons

You will need:

- Egg cartons
 - Yellow paper/card
 - Green pipe cleaners
 - Wire
 - Sellotape
 - Scissors
1. Cut the cups out from an egg carton. Cut yellow daffodil petals from yellow paper/card. Place green pipe cleaners in a bowl.
 2. Paint the inside and outside (but not the bottom) of all the egg cups yellow.
 3. Glue the cups on top of yellow daffodil petals.
 4. As these dry, cut a piece of wire for the stems. Hide the wire by weaving green pipe cleaners around it. (The wire will make the flowers strong enough to stand upright in a vase. But you can just use pipe cleaners on their own.)
 5. Once all the glue has dried, tape the wire/pipe cleaner to the back of the petals and then glue a piece of yellow paper over the tape to hide it.



Planting Herbs!!

- A great way to grow herbs with children is by seeds. You can make a mini herb garden. Fill a pot with compost/soil and sprinkle herb seeds on top and lightly cover them. Spray the soil with water from a spray bottle or small watering can, then cover the top with some cling film and place in a sunny location, such as a windowsill. Remove the plastic wrap once the sprouts begin popping up. Once the herbs are large enough, have the children transplant them to an outdoor garden. Place them in a sunny location in well-drained soil.

Examples of the herbs you can use include oregano, basil, parsley, and garlic to create a Pizza Herb Garden!

Making a Bird House

You will need:

- A 1 litre Mineral Bottle
- Some twigs or Skewers (long enough to fit through the bottle)
- Birdseed
- String
- Scissors

1. Clean out the bottle and let it dry.
2. Pierce holes in the bottle big enough to let the seeds out but not too big so that they fall out.
3. Make smaller holes for the skewers/twigs to fit through and these can be used as perches for the birds to rest on while feeding.
4. Pierce a hole in the lid of the bottle, feed the string through it and tie a knot on the underside of the lid.
5. Fill the bottle with birdseed and replace the lid.
6. Hang the feeder from a tree and watch the birds feed!



Dodge Ball

How to play:

- There are two teams, with the same amount of people in each team.
- There is line separating each team.
- One person has the ball.
- They then try and catch a person from the other team by hitting them with the ball.
- When the ball hits someone they are out and the ball is given back to the same team.
- If you catch the ball you are not out.
- The first team to knock out all the other team members are the winners.

Safety First!

- You are not allowed to kick or throw the ball hard.
- You must use a soft ball at all times.
- You can only hit players from below the knee; any hits above the knee will not be counted.

Tips:

- Don't move if someone throws a ball at you! Sometimes, it will miss and you can catch it. The oldest trick in the book is to deliberately throw it a little far off from the target, hoping that the person will go in that direction.



Teddy Bear Teddy Bear

How to play:

- A long rope is used with a person at each side of the rope swinging the rope and one in the centre skipping.
- Two people at the end of the rope chant the rhyme and the person skipping carries out the actions of the rhyme:

Teddy Bear Teddy Bear touch the ground

(touch the ground while skipping)

Teddy Bear Teddy Bear turn around

(turn around)

Teddy Bear Teddy Bear climb the stairs

(pretend to walk up stairs while skipping)

Teddy Bear Teddy Bear say your prayers

(join hands to say prayers while skipping)

Teddy Bear Teddy Bear turn off the lights

(reach up to turn off a light while skipping)

Teddy Bear Teddy Bear say good night

(wave and say Good Night as you skip out of the rope)

Then the next skipper comes in and the rhyme starts again

Skipping

How to play:

This one is very easy!

You need one person both holding the rope and the other skipping.

While jumping chant the rhyme:

*"I am a little bumping car my number is 48,
I run around the corner and slammed on my breaks the
policeman came and caught me put me into jail,
How many years did I receive?
1,2,3,4,5,6,7.....100*





All in Together Guys

How to play:

A long rope is used with a person at each side of the rope swinging the rope and one in the centre skipping.

Two people at the end of the rope chant the rhyme and the person skipping carries out the actions of the rhyme:

“All in together guys, this fine weather guys. When it is your birthday please jump in- January, February December.

When everyone is in - start again, this time people jump out.

Penalty shoot-outs

How to play:

- You need one goalie and one shooter, but you can have a game with a large number of people by rotating the shooter and goalie each time.
- The shooter places the ball out from the goal (on the penalty spot if it is present).
- The shooter shoots the ball to try and get it into the net, while goalie is trying to stop the ball from going into the net.
- Each person takes 5 shots and has 5 chances to be a goalie.
- Each person keeps the score out of 5 for each task.



Rounders

How to play:

- There are two teams, with the same amount of people on each team.
- You need a large open space with markers or bases spaced apart in a rectangular shape.
- You need a batting base and bowler base at one end of the rectangle.
- One team are batting and one team are bowling at each time.
- Each team has a batter and a bowler. Other people on the bowling team play outfield, while the batters wait in order to bat.
- When the bowler throws the ball, the batter tries to hit it far enough away to run, in clockwise motion, to the next base, before the ball reaches that base.
- When the batter makes it the whole way round the pitch that counts as one home run.
- If the ball reaches the base before the batter then that person is out of the game.
- When all the batting team have batted each team change roles.
- The team with most home runs at the end of the game are the winners.

Safety First!

Do not throw the ball at the person.

When the batter has hit the shot, they must gently place the bat down, not throw it out of their hands.

Musical Statues

How to play:

- Music is played and everyone dances.
- When the music stops, all children stand still and not move a muscle.
- The last child to move is out and has to sit out for the rest of the game.
- The game continues as above until there is only one child left.

Stuck In The Mud

How to play:

- You can play with any number of people.
- One person is 'it' and changes the others.
- The rest try to avoid being caught. If you are tapped you must stand still with your arms out wide.
- If someone runs under your arms you are free to run again.
- When the person who is 'it' catches everybody they become the winner.





Tip The Can

- Four or more players are needed.
- One person is selected as 'it'. They are given an object that acts as a 'can'.
- The object can be a ball or a lunchbox or a wall, but it must be placed in the same place throughout the game.
- The person who is 'it' counts to fifty while the other players hide.
- When they are finished counting they go in search of the other players.
- If they see one, they have to run back to the 'can' and shout 'Tip the can I see (name of the player)'. That player is then out.
- For the hiding players to win the game, they must get past the searcher to touch the can and shout '*Tip the Can I free all*'.
- If the person who is 'it' catches everybody, then the first person who was caught is the next person to be it.

Sun SaFeTy

- The Easiest way to avoid a child getting sunburn is to ensure they are covered up stay covered up. Make sure the child wears a sun hat, long shorts or light long pants.
- Make sure children have a sunblock of at least factor 20 applied to faces, hands, legs and feet.
- Just because you cannot see the sun does not mean you cannot get sunburn - a cloudy sky can still expose someone to 80% of UV rays
- Apply Sun Block at least 20 minutes before a child goes out in the sun. Re-apply the Sun Block every 2 hours.
- If a child is near or in water use a Water Proof Sun Block of at least factor 30

Sun Science

UVB rays are the ones that cause sunburn

UVA rays (which can penetrate through clouds and glass) cause the skin to age and wrinkle - these can increase the risk of skin cancer later in life.

Remember a childs skin is not used to sun exposure and using a strong Sun Block (30 +) greatly reduces the risk of sunburn and skin damage

Musical Studies



Suggestions for Summer Camp Organisers to incorporate Healthy Eating into Camp Activities

The following suggestions could be incorporated into activities throughout summer camps, obviously depending on Resources available - both Financial and Manpower, This will aid in educating the children regarding healthy foods and ensure that the children receive healthy foods while at camp. These suggestions include simple ways to facilitate healthy food choices through daily activities, and also specific ways to educate the children in a fun and enjoyable way about healthy eating.

Hints for Healthy Lunches & Snacks

- If lunches are brought from home, implement a ban on unhealthy foods such as crisps, chocolate, sweets, sugary drinks etc. in lunchboxes.
- If lunches are organised by the camp - Provide Healthy sandwiches:
- Vary the type of breads used - wholemeal rolls/ Baps/ Wraps/ Bagels / Pitta Pockets.
- Include a variety of healthy fillings e.g. tuna & sweetcorn, Meat & Salad, Banana, Egg Salad, Hummus & Salad, Cheese salad etc.
- Cut sandwiches into shapes using sandwich cutters - excess bread can be used to make homemade beefburgers see Recipe section.
- Make Own Salads
- Pasta Salad-use colourful Pasta to make it more appealing to children.
- Potato Salad - using Light Mayonnaise & Onion

Day Trips: BBQS, Picnics etc:

- All of the above Lunch ideas and Snacks can be brought for days outing.
- Yoghurts/ Cheese/ Milk/ Meat etc. should be stored in Cooler Boxes.
- For BBQs - try making own Beefburgers, Marinated Chicken, Chicken Drumsticks - See Recipe section. Prepare them the night before, or day of the BBQ. Get children involved in the preparation also.
- Vegetable skewers can be a good way to incorporate vegetables into the BBQ - try peppers, tomatoes, courgettes etc. Meat can also be added.
- Grill bananas in their skins on the BBQ for a healthy treat.
- Picnics can be a good way to get children to try different salad vegetables. Try offering a plate and let them fill it up with which salads they want.
- Do not bring the children to fast food outlets more than once in the week. Choose one that offers healthy foods also e.g. Mc Donald's Happy Meals now offer a range of healthier options.





Fun Activities:

- Arrange a multicultural Lunch- where each child is assigned a country and they have to bring a healthy food item linked with that country e.g. Italy- Pasta. Ensure that the countries are well known and foods are readily available.
- Organise Games involving foods e.g. Blind Fishing: Using Breadsticks, Blindfolded, dip the ' fishing rod' into various healthy dips e.g. hummus, peanut butter, creamed cheese etc., taste it and guess what it is. Incorporate healthy food questions into quizzes e.g. name 5 fruit and 5 vegetables.
- Hold Baking/ Cooking Classes where possible in which the children can prepare simple scones, healthy muffins etc, and if cooking equipment is not available, let them bring them home to bake. Smoothies can be prepared using a Blender. (See Recipe Section)
- If Discos are held, provide healthy snacks such as unsalted nuts and raisins, fruit, mini healthy muffins, unsweetened fruit juice, milk, flavoured milk, smoothies, no added sugar dilutable drinks etc.

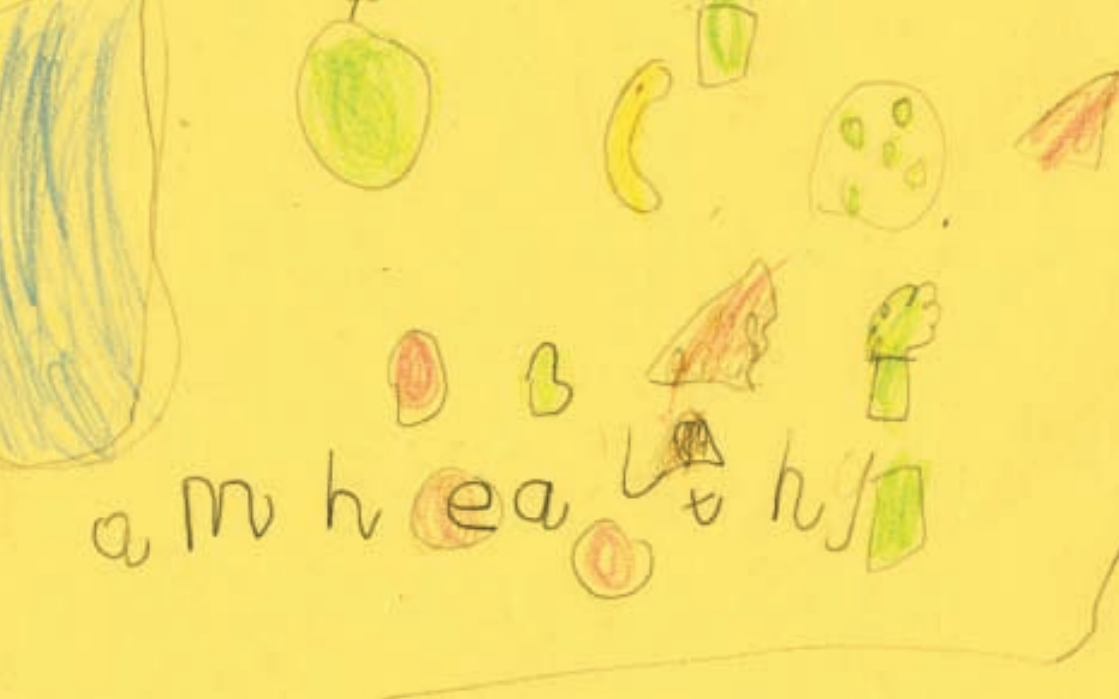
Sample Shopping Lists:

Milk & Milk Products:

- Milk - full fat & low fat
- Yoghurts
- Drinkable Yoghurts
- Small pots of Rice pudding.
- Cheddar Cheese
- Creamed Cheese - e.g. Philadelphia Cheese - Light, Extra Light, Garlic & Herb, Mediterranean Vegetable varieties available - Alternate between varieties.

Meat & Meat Alternatives:

- Roast Beef/ Chicken/ Turkey/ Ham slices.
- Minced Beef
- Chicken fillets
- Good Quality Sausages-Check Pork content
- Tinned Fish - Sardines, Mackerel, Salmon, Herring.
- Baked Beans



Sample Shopping Lists:

Fats/Oils/ Sweets/ Snack foods:

- Olive Oil
- Spreads - Golden Olive/ Flora/ Dairy gold Light
- Peanut Butter
- Light Mayonnaise
- Hummus
- Plain Biscuits
- Oatcakes
- Rice cakes
- Miniature Chocolate Bars.

Recipes

Red Pepper Hummus

Ingredients:

- 400g can chickpeas
- 2 deseeded red peppers
- 2 garlic cloves
- 4 tablespoons of Olive Oil
- Juice of 1 lemon
- 1 tablespoon just boiled water

Directions:

Place all ingredients in a blender/ food processor until smooth

Curried Yoghurt Marinade

Ingredients:

- 1/4 cup plain yogurt
- 1 tablespoon honey
- 1 tablespoon curry powder
- 1 tablespoon olive oil or cooking oil
- 1/2 teaspoon salt

Directions:

In a small bowl, combine all ingredients. Makes enough for 1 to 1-1/2 pounds of meat. Marinate meats for 2 to 4 hours.

Suggested Uses: Can be used to marinate pork, chicken, lamb, or beef for grilling. Long cooking meats should be cooked on indirect heat. Makes about 1/3 cup marinade.

Homemade salsa

Ingredients:

- 4 medium plum tomatoes seeded and quartered
- 1/4 cup coarsely chopped onion
- 1/2 medium green pepper finely chopped.
- 1/4 cup lime/lemon juice, plus more to taste
- 1/3 cup olive oil

Directions:

- 1 In food processor mix all ingredients until puréed.
- 2 Transfer to bowl, season with pepper, and add more lime juice if desired.
- 3 Dip can be made in advance and refrigerated, covered, up to 2 days.





Chicken Drumsticks

Ingredients:

- 4 chicken drumsticks
- 2 tablespoons tomato ketchup
- 2 tablespoons Soya sauce
- 2 teaspoon honey
- 1 tablespoon Olive oil

Directions:

- 1 Use a small sharp kitchen knife make 2 or 3 gashes on top of each drumstick.
- 2 Open a new food plastic bag, put it into a jug and fold down over the sides.
- 3 Spoon the ketchup, soya sauce, oil, into the bag and shake well.
- 5 Put the chicken into the bag and again shake well
- 6 Leave the bag in the fridge for 2 hours.
- 7 Cook on the BBQ/ under a grill for 10-15mins.

Homemade Beefburgers

This makes 4 burgers. Multiply amounts as required.

Ingredients:

- 350g (14oz) lean minced beef
- 1 medium sized onion (peeled and chopped)
- Pepper to season
- 50g (2oz) breadcrumbs
- 1 egg, beaten

Directions:

- 1 Combine all the ingredients. If mixture is too dry, add a little water. If mixture is too wet, add more breadcrumbs.
- 2 Shape into 4 large or 8 smaller burgers.
- 3 Grill or barbeque burgers for 8-10 minutes on each side.
- 4 Serve in pitta pockets/ baps/ brown rolls with salad and salsa / light mayonnaise.





Apple Muffins

Makes 12

Ingredients:

- 200g no added sugar Muesli
- 160g wholemeal self raising flour
- 100g sugar
- 140g grated apple
- 90g sultanas
- 1 egg lightly beaten
- 80ml oil
- 250ml milk

Directions:

- 1** Place the muesli, sifted flour, apple, sultanas in a large bowl. In a separate bowl combine the egg, oil and milk.
- 2** Add the liquid ingredients to the dry ingredient and mix gently until just combined. Spoon the mixture into lightly greased muffin tins.
- 3** If ovens not available, allow the children to bring home the mixture, otherwise bake in the oven in a preheated oven -180°C for 30 mins until muffins are golden.

Scones

Ingredients:

- 75g (3oz) Flora Light
- 400g (8oz) self-raising flour
- 250ml (1/4 pint) semi-skimmed milk
- Milk to glaze

Directions:

- 1 Pre-heat oven to 230C/450F/Gas Mark 8
- 2 Rub the margarine into flour with clean hands until it resembles fine breadcrumbs.
- 3 Make a well in the centre and stir in enough milk to give a soft dough.
- 4 Turn out onto a floured board, knead very lightly, then roll out to about 2cm thick, or pat it out with your hands.
- 5 Cut out the scones with a medium sized cutter.
- 6 Place on a baking sheet, brush with milk and bake near the top of the oven for about 10 minutes, until brown and well risen.

Try different types of scones

Fruit Scones

Add 1 tablespoon of castor sugar and 100g currants, sultanas, chopped dates and raisins before adding the milk.

Wholemeal Scones

Replace flour with 300g self-raising wholemeal flour and 100g plain flour. Add 1 teaspoon of baking powder to the dry ingredients.

Smoothie:

Ingredients:

- Skimmed milk
- Variety of fruit as desired-banana, apple, orange, strawberries etc.
- Pot of natural yoghurt

Directions:

- 1 Cut fruit into small pieces and place in the blender
- 2 Add a little milk and process until smooth
- 3 Add remaining milk and yoghurt and process until smooth
- 4 Pour and serve.



Orange Chicken Wraps

Ingredients:

- 2 garlic cloves crushed
- Juice 1 orange
- 2 tbsp light soya sauce
- 3 tbsp clear honey
- $\frac{1}{2}$ tsp mild chilli powder
- Cooked chicken pieces
- Small tortillas

Method:

1. Mix garlic, orange juice, soy sauce, honey, chilli in a bowl. Mix in the chicken pieces.
2. Heat in an oven. Spread onto a tortilla wrap and fold up. Cut in two.
3. As an alternative, you can add any salads (lettuce, tomato, onion, cheese) to the chicken, heat in the oven, fold up and cut in two.



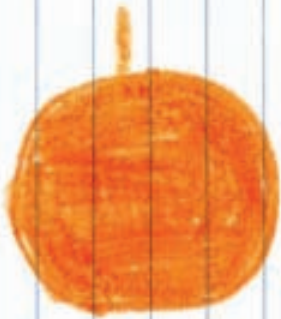
Penne with Tuna, Tomato & Sweetcorn

Ingredients (serves 10)

- Penne pasta 500g
- Red onion 1large
- Fresh Tomatoes 10 medium
- Tinned Sweetcorn 250g
- Pure veg oil 3tbsp
- Tinned Tuna 500g
- Balsamic Vinegar 2¹/₂ tsp
- Basil¹/₂tsp

Method:

1. Cook the penne in boiling water
2. Peel, roughly chop the onions, remove eyes from tomatoes and roughly chop.
3. Heat oil in a saucepan, cook the chopped onion, add the tomatoes and cook for 2-3mins
4. Drain the tuna and sweetcorn
5. Add the tuna, sweetcorn, balsamic vinegar and basil to the onion and tomato and heat for 1 minute
6. Stir into the pasta



Or



Eating outdoors? Be safe, not sick!

There are some essentials to remember when eating food outdoors in order to ensure the health and safety of the children attending camp.

Before you start

- Foods cooked beforehand need to be completed in sufficient time to allow them to chill thoroughly in the fridge.
- Use an insulated container/cooler with enough ice and ice packs to keep the food below 5 degrees Celsius.
- Take the food out of the fridge and pack them immediately into the cooler at the last possible moment before leaving for the picnic.
- Pack food in the cooler in the reverse order of how you will be using it. E.g. if you are using meats last, pack them first.
- Never store raw and cooked foods in the same container/cooler.
- Bring moist tolettes to clean your hands if there's no water available at your destination.

During

- Keep the food container/cooler in the shade.
- Keep all food in the container until it is ready to be served and keep the cooler closed until food is needed.
- Any perishable food left outside for longer than 2 hours should be disregarded.

After

IF IN DOUBT THROW IT OUT!

- Throw out any leftover food unless they have been kept cool for the duration of the picnic or barbeque.

Tips for safety

Plan the correct amount of food needed for all children attending the camp, to minimise leftovers to worry about.

- Use separate utensils for raw and cooked meats.



Barbeque - Safety tips

Before you start

- Be sure that frozen food has been properly thawed in the fridge before you use it.
- Keep raw meats and poultry in the fridge or a cool bag until it is needed.
- Light the barbeque well in advance. Make sure it's very hot and that the flames have died down before starting to cook.

Handling Food

- As with any food preparation, make sure to wash your hands before and after handling food.
- Keep raw meats separated from cooked meats and ready - to - eat foods.
- Use separate utensils for raw and cooked meats.
- Never place cooked meats on the same dish as raw meats.
- Keep food covered wherever possible.

Cooking the Barbeque

- Turn food regularly and move it around to ensure it is evenly cooked.
- You can eat steaks or whole meat joints 'rare' because harmful bacteria can be on the outside but not in the middle.
- **BUT** chicken, pork or any meat that has been minced or skewered, such as burgers, sausages or kebabs can contain harmful bacteria throughout, so they must be cooked all the way through.

Cooking the Barbeque cont'd

- Just because meat turns crisp or brown on the outside, don't assume it's properly cooked on the inside. Check that it is piping hot all the way through with no pink meat left and that juices run clear.
- Don't put raw meat next to cooked or partially cooked meat on the barbeque.
- Marinade used to coat raw meat must not be used to coat vegetables or cooked meat.
- Remember if you are barbequing for lots of people, you could cook food indoors and immediately finish it off on the barbeque for added flavour.
- And finally eat cooked food immediately.

Have a Perfect Picnic!

Before you start

- Give any cooked meat enough time to cool thoroughly before you set out.
- Remember to wash fruit and salad vegetables thoroughly before you pack them.
- Store foods in sealed containers or packages to prevent cross contamination.
- Use a cool bag with ice or ice packs to keep the food chilled.
- Leave foods in the fridge until the very last moment before you leave, then pack immediately into the cool bag.

- Pack food in the order they are going to be used, the foods eaten first should be packed last and the foods eaten last packed first.
- Bring moist towelettes to clean your hands if there's no water available at your destination.

After

- Put the cool bag in the coolest part of your car or bus - away from direct sunlight - in the shade.
- Only open the cool bag when you are ready to eat the food.
- Keep the food covered whenever possible.
- Don't leave the foods out when you are finished with them, put them back in the cool bag.

Picnic Leftovers

- **IF IN DOUBT THROW IT OUT!**
- Throw out any leftover food unless they have been kept cool for the duration of the picnic.



Further Reading

Girls and Boys Come Out to Play

by Health Service Executive

Lets Have Fun

by Kerry County Childcare Committee Ltd.

Spraoi Le Chéile/Playing Together

Spraoi Le Cheile developed by County Childcare Committees in the BMW region and Meath, NCNA & Forbairt Naoinrai Teo.

Three Week Menu Plan

by Health Service Executive

Useful Websites

www.safefoodonline.com

helpline number 1850 404 567

Health Promotion Dept Ballyshannon 071 98 52000

Thanks to all the kids who provided the wonderful illustrations for this booklet: The children of Childcare Services in Sligo and Leitrim

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For Further information contact

Sligo County Childcare Committee
Cleveragh Retail Park, Sligo

Tel: 071-9148860

Email: sligochildcare@gmail.com

Web: www.sligochildcare.ie

or

Leitrim County Childcare Committee

Laird House,

Drumshanbo

Co. Leitrim

Tel: 071 96 40870

Email: info@leitrimchildcare.ie

Web: www.leitrimchildcare.ie

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