



# Celebrate Spring

Article written by Carol Schwarz, MS, RD Extension Educator in Buffalo County  
([carol.schwarz@unl.edu](mailto:carol.schwarz@unl.edu))

National Picnic Day is celebrated on April 23. Celebrate this day by having a picnic outside with your child(ren). If the weather does not cooperate have a picnic on your living room floor!

## Crunchy Hawaiian Chicken Lettuce Wraps

Makes: 12 wraps

### Ingredients:

- 2 cups broccoli, raw, washed, shredded
- 1 ½ cups carrots, washed, peeled, shredded
- ¼ cup crushed pineapple, canned in 100% juice, drained
- 3 cups cooked diced chicken (12 oz.)
- ¼ cup poppy seed dressing
- 12 large lettuce leaves



### Directions:

1. Wash hands with soap and water. Combine broccoli, carrots, and pineapple in a large bowl. Stir in chicken and dressing. Mix well. Serve immediately or cover and refrigerate.
2. For each wrap, place 1/3 cup filling on the bottom half of the lettuce leaf and roll tightly. Enjoy! Each serving contains 67 calories, 7 grams protein, 4.1 grams of carbohydrate, 3 grams fat, 73 mg sodium.

**Suggestion:** Filling may be made up to one day in advance.

**Picnic Tip:** Pack with ice or ice packs to keep cold until serving time.

Recipe adapted from: Mount Lebanon Elementary School, Pendleton, South Carolina from USDA's MyPlate Kitchen Recipes:

<https://www.choosemyplate.gov/myplatekitchen/recipes>

For more information check out Food Fun for Young Children at:

<http://go.unl.edu/chi>



## Picnic Tips

1. Pack all necessary items in a picnic basket, cooler (with ice) or container. Have plenty of water, trash bags, and a blanket to sit on. Bring items to wash hands; soap, paper towels or wet wipes.
2. Bring along some entertainment such as balls, music or games.
3. Don't forget the sunscreen, fun glasses and hats.
4. Be sure to keep hot food hot and cold food cold to prevent food borne illness. Don't let food set out for more than two hours or one hour under really hot temperatures.
5. Small individual bottles of water makes packing easier – no cups to pack.
6. Keep it simple; take non-perishable foods or foods that don't require utensils - children love finger foods.
7. Remember to keep the park as clean as you found it so use the trash bags that were packed.

*This newsletter has been peer reviewed.*