Summertime Picnic

Gathering with family and friends, eating special foods, and sharing memories can be a meaningful way to remember your person who died. So this summer pack a picnic in honor of your person.

What foods would you want to include in your picnic basket that remind you of them?

What foods would they have packed for a picnic?

Do you have special memories of your person that are associated with certain foods?

Next to the picnic basket list or draw the food and drinks that you want to include. You can ask family members if there is food that they would also want to have at the picnic.

Once you make the list, perhaps you and your family can have a picnic in honor of your person.

My Picnic List

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