Have a Distance Picnic

Socializing over a meal outside in the beautiful New England fall weather can provide a boost to your wellbeing. To keep yourself, each other, and the community safe, follow these tips:

Eating outside with friends is only permitted when quarantine or isolation periods are complete. Until then, try mindful eating to make solo meals in your room a new and different experience.

Keep six feet apart. Think of the height of an average refrigerator, the length of a twin or full size bed, yoga mat, or Darth Maul’s lightsaber.

Pick a spot that is low in passerby traffic.

Picnicking with 9 or less people not only helps reduce the risk of COVID transmission, but it also helps keep the conversation dynamic and more intimate.

If your conversation and hangs extend past active eating and drinking time, be sure to mask back up.