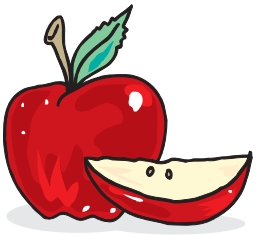
COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE • LEXINGTON, KY, 40546

UNIVERSITY OF KENTUCKY College of Agriculture

Healthy Choices for Healthy Families

This material was funded by USDA's Snap-Ed Program through the Kentucky Cabinet for Health and Family Services.

Volume 5, Issue 5



Summer is coming. This is the time we start to think about picnics. We all enjoy eating outdoors and enjoying nature. As we think about what might be on the menu, we must keep food safety in mind. If we don't follow the basic food safety rules, we can become sick. The basic rule is to keep hot foods hot and cold foods cold. Foods that don't stay at the proper temperature can grow germs. These germs are what can make us sick. When the weather is nice as it is during these months, we don't want to be sick. Let's do all we can to make this summer a fun time for all of us.

Parent's Pow-Wow

The kids are now out of school and raring to get outside to enjoy the summer. Let them take advantage of the nice weather by being outside. Physical activity and proper nutrition is what growing up healthy is all about.

Patience works better than pressure. Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice. It also helps them to be independent.

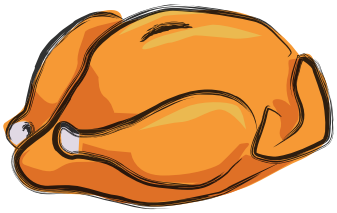
Don't overlook the physical activity part. When TV and the computer are calling kids all hours of the day, it might be a little tough to get the kids to enjoy some activity outside. Be involved with your kids. Go outside with them and play kickball, or softball, or basketball. Play with them at the park. Go on walks with your kids. Be active with them so that an active lifestyle is what they will know.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.
UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

Basic Budget Bites

Think about food safety while you grocery shop and cook. Keep these tips in mind:

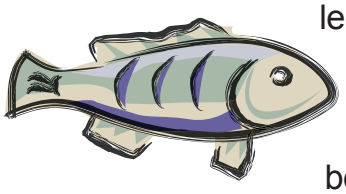
- Separate meat packages from other foods. Place in different plastic bags to keep meat juices from dripping onto other foods.
- Select packages with wrappers that have not been torn or opened.
- Don't buy dented or bulging cans.
- Wash hands and working surfaces with warm, soapy water after touching raw meat, poultry, eggs and egg-containing foods.
- Do not eat a food that has uncooked egg in it.
- Cook ground meats completely.
- Never eat raw meat.
- Refrigerate leftovers right away or throw away.



Food Facts: Food Satety at Home

Clean: Wash hands and surfaces often

Bacteria can be present throughout the kitchen, including on cutting boards, utensils, sponges and counter tops. Wash your hands with hot soapy water before and after using the bathroom, changing diapers, and handling pets. Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine. Rinse raw produce in water. Don't use soap or other detergents.



Separate: Don't cross-contaminate

Separate raw meat, poultry, and seafood from other foods in your shopping cart and in your refrigerator. Use a different cutting board for raw meat products. Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry, seafood, eggs and unwashed fresh produce. Place cooked food on a clean plate.

Cook: Cook to proper temperature

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. Use a clean thermometer to make sure meat, poultry, casseroles and other foods are cooked all the way through. Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F. for doneness in the thigh. Chicken breasts should be cooked to 170°F. Fish should be opaque and flake easily with a fork. Leftovers should be heated to 165°F. Bring sauces, soup, and gravy to a boil.

Chill: Refrigerate promptly

At room temperature, bacteria can double every 20 minutes. The more bacteria there are, the greater the chance you could become sick. So, refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing. Refrigerate or freeze food that will spoil, prepared food, and leftovers within 2 hours. Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.

Source: *To Your Health! Food Safety for Seniors, USDA*

Cooking with Kids: Creamy Peanut Dip

- *¼ cup creamy peanut butter*
- *2 tablespoons orange juice*
- *½ cup yogurt, lowfat vanilla*

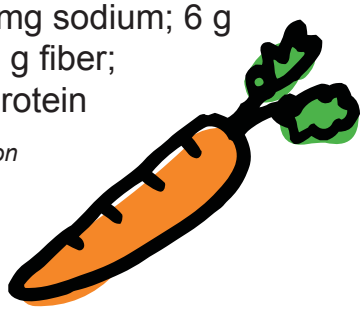
1. In a small bowl, mix the peanut butter and orange juice until smooth.
2. Stir in the vanilla yogurt.
3. Cover and put in the fridge until chilled.

Note: Serve with fresh apples, pears, carrot sticks or celery sticks.

Makes 6 (2-tablespoon) servings

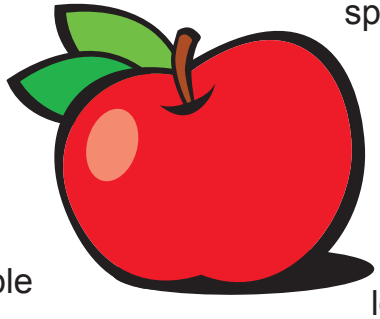
Nutrition Facts per serving:
80 calories; 5 g total fat; 1 g saturated fat; 0 g trans fat; 0 g cholesterol; 15 mg sodium; 6 g carbohydrate; 1 g fiber; 5 g sugar; 4 g protein

Source: *USDA Nutrition Connection*



Try this recipe: Apple Slice Pancakes

- *1 Granny Smith apple*
- *1 ¼ cup any type pancake mix*
- *½ teaspoon cinnamon*
- *1 egg*
- *2 teaspoons canola oil*
- *1 cup low-fat milk*



1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour ¼ cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Hint: To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a ¼ cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Makes 6 servings

Nutrition Facts per serving:
160 calories; 4 g total fat; 1 g saturated fat; 0 g trans fat; 45 mg cholesterol; 360 mg sodium; 24 g carbohydrate; 1 g fiber, 4 g sugar, 5 g protein

Source: *USDA Nutrition Connection*

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY).

Copyright © 2009 University of Kentucky and its licensors. All rights reserved.

Local Events

Local events...

The ABC's of Hand Washing

Hand washing is important for your whole family! Even if your hands look clean, they probably carry germs. Germs are everywhere. If you wash your hands really well with warm soapy water, you can get rid of the germs.

Some germs can make you sick. Colds and flu can spread from one person to another in your family through unwashed hands. It's easy to contaminate food, too, with germs from dirty hands.

ALWAYS WASH HANDS

Before:
- Handling food
- Eating a meal or snack

After:
- Handling food
- Using the bathroom
- Touching a pet
- Coughing or sneezing into your hands
- Combing hair
- Blowing your nose
- Changing a diaper
- Handling garbage

Source: *Nibbles for Health, USDA, Food and Nutrition Service*

If you are interested in nutrition classes contact the Extension office.

Firstname Lastname
Extension Agent for Family and Consumer Sciences

NAME County Cooperative Extension Office
222 Street Rd.
City, KY 4xxxx-xxxx
(859) xxx-xxxx