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HEALTHY CHOICES FOR HEALTHY FAMILIES

Topic: Food safety

► How important is food safety? It is the key to staying healthy. Lots of times people think they just have a “bug” when they don’t feel good. It may be a food borne illness from eating food that was unsafe or unclear. Sometimes a food borne illness can really make us sick. That is why we need to make sure the food we put in our mouths is safe.

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Parent's Pow-Wow

► Do what you can to keep your family's food safe. With the holidays coming up, this is a good time to think again about food safety. There are so many activities going on that sometimes we forget to refrigerate foods in the proper time frame. If some foods are left at room temperature too long, they can make us sick. During the holidays is not a time to be sick. Keep hot foods hot. Keep cold foods cold. Always wash your hands before preparing food. Always wash your hands after handling raw meat. Keep all utensils clean. Keep surfaces clean. Take time to enjoy this time of the year. Teach your children these good habits.



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- Bacteria – where do they hide?
- Spunky vegetable pizza recipe
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Basic Budget Bites: Food safety tips

► In order to keep your food safe, moldy or spoiled foods must be thrown out. If food is thrown away, money is being thrown away. When you are at the grocery store, check the food and packages. Don't buy torn or opened packages. Don't buy dented cans. Put cold/frozen items in your cart last. Go straight home from the grocery store and put the cold/frozen items away first. Wash fruits and vegetables before eating or cooking with them. These tips will help keep your food safe and save you money.



Food Facts: Bacteria – where do they hide?

► Bacteria are like germs and can move from one food to another. They don't have feet, but they can get into food. For example, if raw meat comes into contact with a vegetable, the germs can be transferred from the raw meat to the vegetable. Bacteria do not only live in food. They can be found in other places as well.

Dish towels: When it comes to drying your dishes, air drying is the best! Using a dish towel to dry your dishes may bring germs to your clean hands and dishes.

Hands: Wash your hands with hot, soapy water often. Always wash your hands and fingernails after you handle raw meat, fish, and poultry. Dry your hands on clean towels.

Cutting Boards: Be sure to clean your cutting board after each use. Buy two cutting

boards, one for meats and one for fruits and vegetables. This will help reduce germs moving around and making us sick.

Source: Adapted from Colorado State University Cooperative Extension,

Department of Food Science & Human Nutrition



Cooking with Kids: Spunky Vegetable Pizza

- $\frac{3}{4}$ cup pizza-sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- $\frac{1}{2}$ cup sliced red or green pepper
- 5 ounces shredded mozzarella cheese, lowfat

1. Preheat oven to 450 degrees.
2. Put pizza shell on a cookie sheet.
3. Spoon pizza sauce on pizza shell. Arrange vegetables over sauce. Sprinkle on cheese.

4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Nutrition Facts per serving: 90 calories, 4.5 g total fat, 2.5 g saturated fat, 10 mg cholesterol, 210 mg sodium, 9g total carbohydrate, 6 g protein

Serving Size: 1/8 of recipe

Yield: 8 servings

Source: USDA Nutrition Connection

Recipe: Low-Sodium Vegetable Soup

- 3 cups water
- 1 can low-sodium tomato soup concentrate
- 1 cup diced potatoes
- $\frac{2}{3}$ cup celery
- 1 cup diced onions
- $\frac{3}{4}$ teaspoon low-sodium beef seasoning
- 1 10-ounce package of frozen mixed vegetables
- $\frac{1}{2}$ cup diced low-sodium canned tomatoes
- 1 tablespoon minced parsley
- 1 $\frac{1}{2}$ teaspoon low-sodium chicken seasoning
- $\frac{1}{2}$ teaspoon chili powder

1. Combine all ingredients and bring to boil.
2. Reduce heat to low, cover and simmer for 1 $\frac{1}{2}$ hours.

Nutrition Facts per serving: 102 calories, 1 g total fat, 0 g cholesterol, 21 g carbohydrate, 4 g protein

Serving Size: 1/6 of recipe

Yield: 6 servings

Source: Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition



Local Events

Fight BAC! Keep family food safe

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.org

► Wash hands, counters, and your table often and carefully.

Germs that make you sick cannot be seen. Yet they can spread all over the place in your kitchen, then to the food your family eats. Involve your child with food safety at home.

Make proper hand washing a family habit: before and after handling food, and after using the bathroom, changing diapers, and handling pets.

Wash kitchen utensils and surfaces with hot, soapy water. Let your child help.

Wash cutting boards and sponges in hot, soapy water, each time they're used.

Clean with paper towels; toss them when you're done. Wash cloth towels often in the hot cycle of your washing machine. Make cleaning fun with colorful towels.

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

If you are interested in nutrition classes, contact your extension office.
