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HEALTHY CHOICES FOR HEALTHY FAMILIES

Topic: Leftovers

► How often do leftovers sit out at your house? Food that can spoil should either be hot or cold. Leftovers should not be out on the table for more than two hours. In the hot summer, food should not be out for more than one hour — which means put the leftovers in the fridge fast.

If leftovers are not refrigerated fast, germs will grow on the food. When it is warm, germs grow very quickly. If someone eats the food the germs will get into his body. Many types of germs can make us sick. Germs do not grow as fast when food is kept cold. This is why it is important to refrigerate leftovers fast.

Throw out food that can spoil if it is left out of the refrigerator for more than two hours. Sadly, this is just like throwing out our money. So, one way to save money is to refrigerate leftovers fast.



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INSIDE:

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- Food safety tips
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Parent's Pow-Wow

► A lot of people enjoy homemade ice cream in the summer. It's cool summer taste reminds us of a cool summer breeze. But could your homemade ice cream be making you sick? Uncooked eggs contain germs that can make you sick. Do not use uncooked eggs in your ice cream. Pasteurized eggs can be purchased at the grocery store and are a better choice.

Basic Budget Bites: Food safety

► To prevent wasting food and food dollars, protect the food you buy. Use care and common sense when storing food.

- Always read the label to see where the food item should be stored. For instance, labels on items that must be kept cold will say “keep refrigerated” or “refrigerate after opening.”
- Put food items that spoil quickly in the refrigerator or freezer as soon as you

return from the store. Check to make sure your fridge keeps food below 40°F.

- Label food products with the date of purchase and arrange them in a “first in, first out” manner.
- Do not store food in a cupboard near chemicals (such as detergents or bleach) or right below the kitchen sink or any cupboard that gets too wet or too warm.

Food Facts: When it comes to fresh produce, food safety is key

► According to the Partnership for Food Safety Education, people can take six steps for safer fruits and vegetables. These include: check, clean, separate, cook, chill, and throw away.

- When at the farmers market or store, be sure to check that the fresh fruits and vegetables are not bruised or damaged. Keep fruits and vegetables away from household chemicals and raw foods such as meat and poultry.
- At home, be sure to wash hands with warm water and soap for at least 20 seconds before handling the produce. Clean all surfaces and utensils that will come in contact with the produce. Rinse fruit and vegetables under running tap water.
- After cutting, peeling, or cooking fruits and vegetables, refrigerate them within two hours. When getting ready to cook or eat fruits and vegetables, throw away the damaged portions. When in doubt, throw it out.

Source: www.extension.org



Cooking with Kids: **Crunchy Vegetable Wraps**

Have an adult help you with this recipe.

- **4 tablespoons cream cheese, low fat, whipped**
- **½ teaspoon ranch seasoning mix**
- **¼ cup broccoli, washed and chopped**
- **¼ cup carrots, peeled and grated**
- **¼ cup zucchini, washed and cut into small strips**
- **½ tomato, diced**
- **2 tablespoons green bell pepper, seeded and diced**
- **2 tablespoons chives, finely chopped**
- **2 flour tortillas**

1. In a small bowl, stir ranch seasoning into cream cheese. Chill.
2. Wash and chop vegetables.

3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better.) With a sharp knife, slice and serve.

Yield: 4 servings

Nutrition facts per serving: 110 calories; 4 g total fat; 1.5 g saturated fat; 0 g trans fat; 5 mg cholesterol; 220 mg sodium; 16 g total carbohydrate; 2 g dietary fiber; 2 g sugar; 4 g protein

Source: USDA Recipe Finder

Recipe: **Chicken Quesadillas**

- **1 cup chopped, cooked chicken**
- **2 tablespoons chunky salsa**
- **¼ cup chopped white onion**
- **Non-stick cooking spray**
- **1/4 cup canned, chopped green chili peppers (optional)**
- **½ cup Monterey Jack/Colby cheese, shredded**
- **4 flour tortillas (10 inch)**

1. Preheat electric skillet to 350°F.
2. In a bowl mix chicken, salsa, onions, and green chili peppers.
3. Place ¼ of chicken mixture on one side of a tortilla. Top with ¼ of the cheese; fold other side of the tortilla over mixture and seal edges.

4. Place in skillet sprayed with non-stick cooking spray.
5. Brown on one side at medium heat for about 3-4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

Yield: 4 servings

Nutrition facts per serving: 250 calories; 10 g total fat; 4.5 g saturated fat; 23 g total carbohydrate; 1 g dietary fiber; 480 mg sodium; 16 g protein

Source: www.extension.org

Local Events

Smart Tips: Fruits and vegetables

- 1** Include vegetables and fruits at every meal and snack.
- 2** Let your child select a new fruit at the grocery store.
- 3** Keep a bowl of fresh whole fruit in the center of your kitchen table.
- 4** Take a family trip to the farmer's market.



Adapted from Eat Smart, Move More NC

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