

Family Nutrition In Action

July 2013

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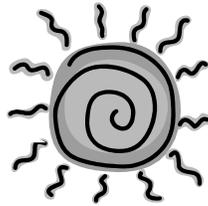
Thrill of the Grill

To enjoy your summer, try some of these tips for safe grilling!

- Before you begin grilling, scrape or clean the grill (if needed), then heat to kill any bacteria.
- Try to keep meat patties about 1/2 inch thick by 4 inches in diameter to cook thoroughly and evenly.
- Use tongs or spatula to turn meat rather than a fork, which may spread bacteria into the inside of the meat.
- Use a meat thermometer to be sure the food has reached a safe internal temperature.
 - * Place the thermometer in the thickest part of the food.
 - * The color of the meat does not always mean it is safe to eat!
 - Beef, pork, ham - 145°F
 - Seafood - 145°F
 - Ground meat (hamburger) - 155°F
 - Chicken - 165°F

Source: USDA, Michigan State University Extension, University of Nebraska-Lincoln Extension

For more information, contact your local County Extension Office:



Food Safety in the Sun!

During the summer months, many families and friends enjoy the weather by eating outdoors. When planning for picnics, BBQs, camping or relaxing at the beach, it is important to keep your food safe from bacteria. Bacteria love the hot, humid days of summer and can spread quickly. Follow some of these tips to beat bacteria. They will keep you and your family safe this summer!

Keep Your Food Safe when **PLANNING** a Meal

- Always wash hands for 20 seconds using warm, soapy water before you handle food. Pack hand sanitizer or moist towelettes if a sink is not available.
- Only prepare foods needed for that day to prevent the spread of bacteria to other food.
- Marinate or thaw meats in the refrigerator until they are ready to cook.
- Keep raw meats separate from any fruits and vegetables and ready-to-eat foods.

Use Caution when **COOKING** a Meal

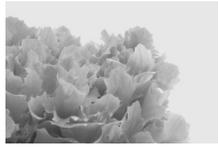
- Use new plates and utensils once food has been cooked.
- Use a meat thermometer to make sure meats are fully cooked. Read "Thrill of the Grill" for more information!

Remember these Tips when **SERVING** food

- Keep **COLD** foods **COLD** (41°F or below)
 - ◆ Pack cold foods in a sturdy, insulated cooler with plenty of ice or frozen gel packs.
 - ◆ Keep coolers in the shade and avoid opening the lid too often.
- Keep **HOT** foods **HOT** (135°F or higher)
 - ◆ Wrap hot foods in towels or newspaper, and place inside a box or heavy paper bag.
 - ◆ Keep cooked foods hot by setting them to the side of the grill rack, not directly over the coals, until serving.
- In hot weather (above 90°F), food should never sit out for more than one hour.



Source: USDA, Delaware State University, University of Nebraska-Lincoln Extension



VEGGIE CORNER KALE

Kale is a leafy green vegetable similar to collards and cabbage.

There are three types of kale (crinkle-edged types, feather-leaf types and round-leaf types). They all have the same color and size. Kale is a very good source calcium, manganese, copper and potassium. It is also rich in vitamins A, C and B6. Like other vegetables, kale is low in calories and high in fiber.

How to Buy:

- Choose small bunches of firm, crisp and bright green leaves.
- Avoid brown, yellow, or bruised leaves.

Cost:

- Fresh kale averages \$2.00 per pound.
- Frozen kale averages \$1.50 per pound.

How to Prepare:

- Rinse leaves under running water to remove any dirt and trim the bottom of the stem.

How to Cook:

- Add kale to your stir fry recipes, pastas, and soups.
- Sauté kale in olive oil for 2 to 3 minutes.
- Steam kale and season with lemon juice, olive oil, and pepper.

Storage:

- Wrap kale in a paper towel and store in the refrigerator for 3 to 5 days.
- The longer this vegetable is stored, the flavor will become stronger and more bitter.

SOURCE: ILLINOIS EXTENSION, UTAH STATE UNIVERSITY, USDA

“Green Slime” Smoothie

- 1/4 cup water
- 1/2 cup berries (strawberries, blueberries)
- 1 banana
- 1 cup of frozen kale or tightly packed fresh kale leaves
- 1/2 cup low-fat yogurt

Directions:

1. Place the water, berries, banana, kale and yogurt into a blender.
2. Blend until you reach a smooth consistency.

Tip: Children can help by washing and tearing kale into small pieces.

SOURCE: MICHIGAN STATE UNIVERSITY EXTENSION



Kale Chips

- 3 cups kale (about 10 large leaves)
- 2 teaspoons olive oil
- 1/8 teaspoon salt (optional)

Directions:

1. Preheat oven to 350°F.
2. Wash and thoroughly dry kale, then tear leaves into bite-sized pieces.
3. Spread kale leaves out on a baking sheet and drizzle with olive oil. Sprinkle with salt (optional).
4. Bake for 15 minutes or until kale is crispy.

Tip: Children may like different flavors, such as parmesan cheese or garlic powder.

SOURCE: UNIVERSITY OF MAINE COOPERATIVE EXTENSION

How can Kale help you?

Kale helps your body in more ways than you would think!
Eating kale can help you to:

- ◆ Boost your immune system and stay healthy.
- ◆ Form clots when you scrape yourself.
- ◆ Protect your eyes from becoming damaged.
- ◆ Maintain strong healthy bones.

SOURCE: COLORADO STATE EXTENSION



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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