

Helpline



Helpline September 2016 Newsletter

September is “National Food Safety Education Month®

National Food Safety Education Month® (NFSEM) was created in 1994 by the National Restaurant Association Education Foundation (NRAEF) to heighten awareness of the importance of food safety education.

Food poisoning is an illness which is caused by organisms that you can’t see, smell, or taste—bacteria, viruses, and tiny parasites—which are everywhere in the environment. Even though the U.S. food supply is among the safest in the world, these pathogens, according to the Center of Disease Control and Prevention (CDC), cause an estimated 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths each year.

Foodborne illness or food poisoning cost Americans billions of dollars each year. It is much more than the “stomach flu,” and it is a serious health issue and economic burden for consumers.

Certain groups of people are more susceptible to food poisoning. They are more likely to get sick from contaminated foods, and if they do get sick, the side effects are more serious.

These groups include:

- * Infants and children
- * Older adults
- * Persons with chronic diseases

With proper food safety practice you can lower your risk of foodborne illness substantially.

To fight bacteria that cause foodborne illness follow these steps:

- 1) **Clean** - Thoroughly scrub hands, wrists, and fingernails with hot water and soap for at least 20 seconds before and after handling food. Rinse and dry with a paper towel.

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The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

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- Wash raw produce under running water. Use a small vegetable brush to remove surface dirt.
 - Wash cutting boards, counters, and all utensils with hot, soapy water after preparing each food item to avoid cross-contamination.
- 2) **Separate** - Safely separate raw meat from other foods in your shopping cart and your refrigerator.
- Place raw meat in a sealed container or plastic bags to prevent meat juices from dripping on other food.
 - Always wash your hands, cutting boards, dishes, and utensils after they come in contact with raw meat, poultry, eggs, and unwashed produce.
 - Always place cooked food on a clean plate.
- 3) **Cook** - Raw meat, poultry, seafood, and egg products need to be cooked to the right temperature.
- Use a food thermometer to ensure foods have reached a high enough temperature to kill any harmful bacteria that may be present.
- 4) **Store** - Refrigerate food promptly.
- Set your refrigerator at 40 °F or lower and the freezer at 0 °F.
 - Refrigerate prepared foods within 2 hours. Divide large amounts of leftovers into small, shallow containers for quick cooling.
 - Marinate foods in the refrigerator. Thaw foods in the refrigerator or microwave.
 - Use an insulated lunch bag and ice pack if there is no refrigeration available.
- 5) **Avoid Risky Foods** - that may put you at risk for contracting foodborne illness.

- Some examples include: raw meat, poultry, eggs, fish, shellfish, unpasteurized milk, unwashed fruits and vegetables, and soft cheeses.

Food Safety Reminders for Packing Lunches “Keep Lunches Cold”

- Keeping food cold slows bacterial growth and keeps food safe.
- Harmful bacteria multiply rapidly in the “Danger Zone” - the temperatures between 40 and 140 °F.
- Keep perishable food refrigerated until time to leave home.
- Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box.
- Use an insulated soft-sided bag if possible. It’s best for keeping food cold.
- Store perishable items in a refrigerator (if available) immediately upon arrival.

Back-to-School Nutrition Tips



Time to fall back into a daily routine — school is here (or almost here, depending on where you live)! Mornings may become a tad hectic this season with alarms going off, getting breakfast on the table (or

on-the-go), packing lunches, finishing up homework, and never-ending carpools. Some days you may think, "How can I possibly prepare a nutritious and delicious lunch for my child during these busy mornings?!" Have no fear. ... there is a way. Below are a few tips on how to help minimize the stress and maximize your A.M. time to give your loved ones a healthy start.

Preparation Tips

Pack balanced lunches at night and store in a certain spot in the refrigerator so you can grab and go in the morning. Try to include a serving of fruit, vegetable, protein, whole grain, and a fun snack like baked chips or a dark chocolate square. **BONUS:** If you pack lunch at night, you have more time to prepare a healthy breakfast.



Store insulated lunch boxes in a designated area.

Make sure to have ice packs on hand in the freezer to keep lunches from spoiling. When the kids get home from school, ask them to empty their lunch box, place it in the designated area and then place the ice pack in the freezer.

Start a "snack station." Clear a pantry shelf and store with healthy snacks like granola bars, dried fruit, cereal, applesauce and crackers with peanut butter (if there are no allergies in the house!). Same idea for a "snack section" in the refrigerator where you can keep fruits and veggies with dips and yogurt and/or string cheese.

Shop for breakfast essentials like eggs, fruit, yogurt, low-fat milk, cereal, whole-grain breads and granola bars for those busy mornings. For a quick and healthy breakfast enjoy cereal (with less than 10

grams sugar/serving), low-fat milk and a banana and/or yogurt. Make sure to balance the breakfast with a protein and carbohydrate for lasting fullness and energy.

Prep meals and chop veggies on the days when you are least busy. Having the foods all ready to go will make cooking a lot quicker. **BONUS:** Kids are more likely to choose fruits and veggies if they are already cut up and ready to eat. Placing nutritious snacks in plain sight makes everyone more likely to pick them up.

Make lists, organize items, and have a plan. Before you know it, you and your family will have a stress-free and nutritious morning routine!

Quick, Healthy & Delicious Lunch Idea

Enjoy a wrap! Wraps are a nice change of flavor



and texture from the usual sandwich. Use whole-grain tortillas, available in most supermarkets.

Spread on mustard, hummus, some oil and vinegar-based dressing, or pesto sauce. Then fill it up with grilled chicken salad or assorted lean meats, cheese, tomato, sliced onion and shredded Romaine lettuce. Another way to pack a wrap is to make it with Mexican style ingredients like guacamole, salsa, black beans, grilled chicken and brown rice. Just roll it up, wrap in foil and store in a lunch-box!

Tasty Sides

- Add some of these to round out your child's lunch:
- Fruit cups (with no sugar added) or fresh fruit salad
- Applesauce (also with no sugar added)

- Nuts (if age and allergy appropriate), such as walnuts, pistachios, almonds or peanuts
- Raw veggies (ready to pack) such as carrot sticks, sugar snap peas or celery sticks
- Cheese sticks — available in 2% sharp cheddar or part skim-milk mozzarella
- Healthy snack bars (individually wrapped) with 3 or more grams of fiber, less than 10 grams sugar, and no more than 1 gram saturated fat
- Yogurt with less than 10-12 grams of sugar per pack (or purchase the plain and add honey and fruit)
- Once in a while, 1 or 2 whole grain (or home-made) cookies are OK as a treat

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)



A local restaurant owner and chef worked with the recipe challenge team comprised of students an Elementary School and a Middle

School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. The Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented colorful dish that will be an instant kid favorite, not only due to the recipe's name, but also its taste!

Ingredients

- 1** $\frac{3}{4}$ cups Brown rice, long-grain, regular, dry
- $\frac{1}{2}$ tsp** Salt
- $\frac{3}{4}$ cup** Frozen chopped spinach, thawed, drained
- 5 large** Whole eggs, beaten
- 1 Tbsp** Vegetable oil

$\frac{1}{2}$ cup Extra-lean turkey ham, diced $\frac{1}{4}$ ” (2 oz)

$\frac{1}{4}$ cup Fresh green onions, diced

1 tsp Sesame oil

1 tsp Low-sodium soy sauce

Preparation Time: 20 minutes

Cooking Time: 1 hour

Makes six 1-cup servings

Directions

1. Combine brown rice and $4\frac{1}{2}$ cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Add salt to rice. Mix well. Set aside. A rice cooker may be used with the same quantity of brown rice and water.
2. Drain water from spinach by squeezing thawed spinach with hands. Set aside.
3. Whisk together eggs and 1 Tbsp. water.
4. Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 6.
5. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 minutes or until ham begins to brown.
6. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked.
7. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.

1 cup provides 1 oz equivalent meat/meat alternate and 1 ½ oz equivalent grains.

Nutrients Per Serving: Calories 238, Protein 9 g, Carbohydrate 35 g, Dietary Fiber 3 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 74 mg, Vitamin A 1961 IU (120 RAE), Vitamin C < 1 mg, Iron 1 mg, Calcium 53 mg, Sodium 313 mg

Source: TeamNutrition.usda.gov/ Recipes for Healthy Kids Cookbook for Homes

The ABC's of Hand Washing

Marina bounced into the kitchen, ready for her afternoon snack. Without a reminder, she put her sturdy stool by the sink, turned on the warm water, rubbed her hands with soap, and washed her hands carefully, happily singing her ABC's. Auntie smiled proudly as she caught Marina's eye.

Hand washing is important for your whole family!



Even if your hands look clean, they probably carry germs (or bacteria). 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 is 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
- Playing

Help your child learn good hand washing habits:

- Follow good hand washing habits yourself. Your child will watch and follow what you do.
- Encourage your child to count slowly to 20, or to sing the Alphabet Song (which takes 20 seconds), to help make hand washing fun and long enough.
- Get a safe stepping stool so your child can reach the sink.
- Hang a hand washing reminder by the toilet.

Try this!

This may even surprise you! Show your child why good hand washing takes three things: 1) warm water, 2) soap, and 3) rubbing your hands for 20 seconds.

- **First mix.** Mix vegetable oil with cinnamon in a small bowl.



•**Now rub it in.** Let your child rub “cinnamon oil” on his or her hands.

•**Wash hands together in four ways to remove the cinnamon:**

- 1) Cold water only
- 2) Cold water and soap for 10 seconds
- 3) Warm water and soap for 10 seconds
- 4) Warm water and soap for 20 seconds. Rub your hands well! And remember to sing the Alphabet Song!

•**Talk about it.** What does it take to get all the cinnamon off? Cinnamon is not harmful. But you can see it if you do not wash your hands right. Germs are invisible. You cannot see them, so you must wash your hands right!

Source: NIBBLES FOR HEALTH 30
Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Berry Patch Parfait

Prep Time: 5 Minutes

Yield: 2 servings

Ingredients

- 3 tablespoons Reduced Sugar Strawberry Preserves
- 2 (6 oz.) containers vanilla yogurt
- 1 cup low-fat granola cereal
- 1 cup fresh mixed berries



Directions

1. **COMBINE** preserves and yogurt in bowl, mixing until well combined.
2. **LAYER** each of two 8-ounce parfait glasses as follows: 1/4 cup granola, 1/4 cup berries, 1/4 cup yogurt mixture, 1/4 cup berries.
3. **GARNISH** with remaining yogurt mixture and a whole strawberry.

Nutrition Facts

Serving Size (1/2), Calories 290 (Calories from Fat 20), Total Fat 2g (Saturated Fat 0.5g, Trans Fat 0g), Cholesterol 19mg, Sodium 210mg, Total Carbohydrate 61g (Dietary Fiber 4g, Sugars 32g), Protein 7g; Percent Daily Value*: Vitamin A 0%, Vitamin C 45%, Calcium 15%, Iron 8%.

*Percent Daily Values are based on a 2,000 calorie diet.

HOME FOOD SAFETY

2016

MYTHBUSTERS

MYTH:

“I don't need to clean the refrigerator produce bin because I only put fruit and vegetables in there.”

FACT:

Naturally occurring bacteria in fresh fruits and vegetables can cause cross-contamination in your refrigerator.

A recent NSF International study found that the refrigerator produce compartment was the #1 “germiest” area in consumers’ kitchens!

- ✓ To prevent the buildup of bacteria that can cause food poisoning, it is essential to clean your produce bin and other bins in your refrigerator often with hot water and liquid soap, rinse thoroughly, and dry with a clean cloth towel or allow to air dry outside of the refrigerator.*

MYTH:

“Cross contamination doesn’t happen in the refrigerator -- it is too cold in there for germs to survive!””

FACT:

Some bacteria can survive and even grow in cool, moist environments like the refrigerator.

In fact, Listeria Monocytogenes grows at temperatures as low as 35.6°F! A recent study from NSF International revealed that the refrigerator produce compartment was one of the “germiest” places in the kitchen, containing Salmonella and Listeria.

- ✓ *Keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs.*
- ✓ *Clean your refrigerator regularly with hot water and soap and clean up food and beverage spills immediately to reduce the risk of cross-contamination.*
- ✓ *Don't forget to clean refrigerator walls and undersides of shelves!*