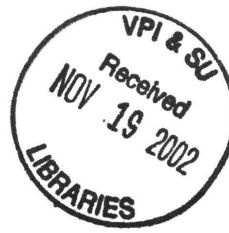


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Healthy Families for the Future

Food Preparation and Safety

Joan C. Elledge and Tim Roberts*

Today, your child learned about Food Preparation and Safety skills. He or she attended a Smart Choice Nutrition Education Program administered and sponsored by Virginia Cooperative Extension.

The "Healthy Families for the Future" newsletter series is designed to encourage your family to positively focus on daily health habits such as:

Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods

Consume 2 Servings of Calcium Rich Foods

Include Daily Physical Activity

Handle Food Safely

Your Challenge Is To Help Your Family Prepare And Handle Food Safely.

Food preparation and handling practices include:

1. Keep the food safe.
2. Maintain a safe work area during food preparation.

FOOD SAFETY TIPS:

Grocery Shopping:

- Look for the safe food-handling labels and recommendations on perishable foods (i.e. meat, poultry, seafood, milk, and eggs).
- Purchase food before the "sell-by-date" or "expiration date."
- Keep raw meat, poultry, and seafood separate from other foods in the shopping cart.
- Purchase refrigerated and frozen food items just before checkout.

Food Guide Pyramid

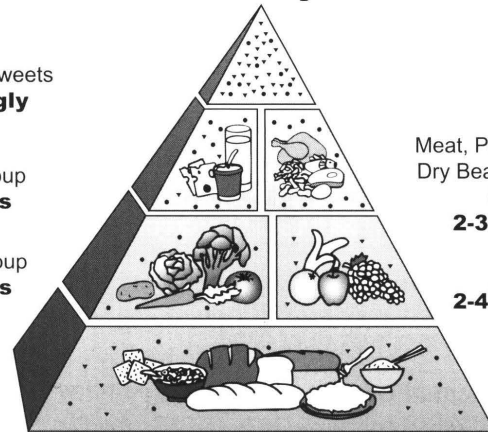
Fats, Oils & Sweets
Use Sparingly

Milk, Yogurt & Cheese Group
2-3 Servings

Vegetable Group
3-5 Servings

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 Servings

Fruit Group
2-4 Servings



Bread, Cereal, Rice & Pasta Group
6-11 Servings

Food Guide Pyramid for Young Children Ages 2-6

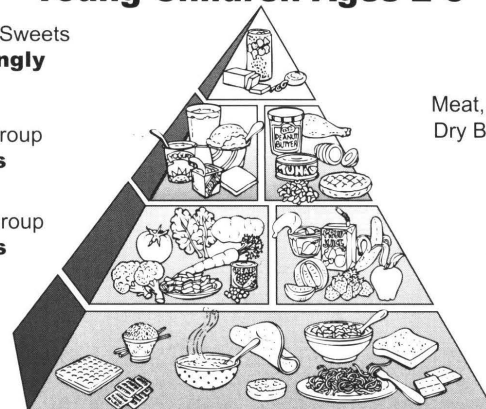
Fats, Oils & Sweets
Use Sparingly

Milk, Yogurt & Cheese Group
2 Servings

Vegetable Group
3 Servings

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2 Servings

Fruit Group
2 Servings



Bread, Cereal, Rice & Pasta Group
6 Servings

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- If the trip to grocery store will exceed 30 minutes, take along a cooler lined with ice or gel packs to keep the food cold.

Food Storage:

- At home, store fresh raw meat, poultry, and seafood on the bottom shelf of the refrigerator separate from other foods.
- Keep fresh green leafy vegetables wrapped or covered in refrigerator.
- Maintain temperature of refrigerator between 33°F and 40°F.

Wash hands with soap and water for at least 20 seconds before preparing, handling, or eating food.

Thaw food in the refrigerator. Never thaw meat, poultry, or seafood on the kitchen counter or in the sink. *Bacteria multiply rapidly at room temperature!*

Cook foods thoroughly. Do not eat raw or undercooked food. Determine doneness with a meat thermometer.

Do not contaminate cooked or ready-to-eat foods (foods that do not require cooking). Food may be contaminated with:

- Unwashed hands.
- A sneeze or cough over food.
- Placement of cooked food or ready-to-eat food on a plate, which previously held raw meat, poultry, or seafood.

Always clean and sanitize cutting boards used for raw meat, poultry, or seafood. Wash cutting boards with hot soapy water. Rinse and sanitize with a bleach solution containing one teaspoon of bleach per quart of water.



Keep kitchen counters, cooking and eating utensils, and food containers clean.

Store leftovers in clean, shallow containers and place covered in refrigerator.

Do not keep leftovers longer than 3 days.

Never taste or eat food that looks or smells strange. Discard food you suspect is spoiled.

When in Doubt—Throw it Out!

Never leave perishable foods (i.e. milk, ice cream) on the kitchen counter. Return cold food to the refrigerator or freezer immediately after serving.

Wash fresh fruits and vegetables with cold running water before eating.

After school, never place backpacks on the kitchen counter or dining table.

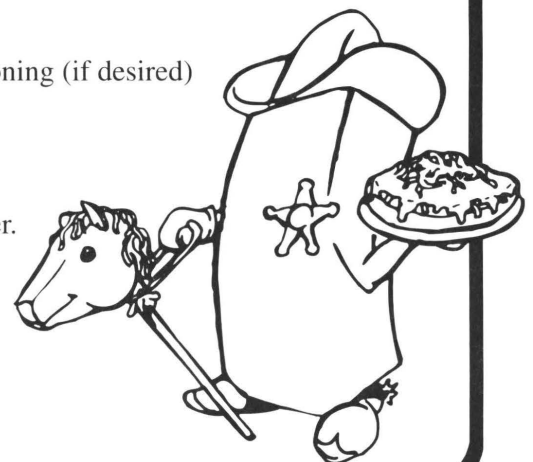
Practice what you've learned about food safety—and enjoy this tasty treat! Wash your hands carefully before you begin.

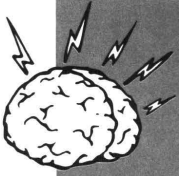
Western - Style Pizza

(Serves 4)

- | | |
|--|---|
| 2 whole-wheat English muffins | 1 tablespoon chopped green pepper |
| 1/4 cup mild salsa or tomato sauce | 1/4 cup shredded cheese |
| 1/4 cup kidney beans, drained and mashed | 1/4 teaspoon Italian seasoning (if desired) |
| 1 tablespoon chopped onion | 1/4 cup shredded lettuce |

1. Split the muffins and toast till lightly browned.
2. Mix together the mashed beans, seasoning, onion, and green pepper.
3. Spread mixture on each muffin half.
4. Sprinkle cheese on top.
5. Place muffins on a pan and heat under broiler in oven until cheese melts, about 2 minutes.
6. Put shredded lettuce on top and serve.





Can you solve the problem?

John and his family went on a picnic. They packed their lunch in a box early in the morning. John included two of his favorites - turkey sandwiches and chocolate cream pie. After arriving at the beach, the family became so involved in swimming and playing that they did not eat lunch until 2:00 p.m. The next day John felt dizzy and had a stomachache.

Why did John feel sick?

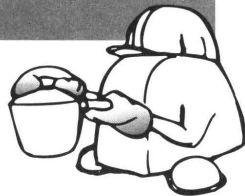
Put a check mark in each box that you think may have caused John's sickness. You may check as many answers that you think are correct.

- John felt sick because he was too active and may have become too hot.
- The picnic foods were not stored in a cooler with ice.
- If John had eaten earlier, he would not have gotten sick.
- Dizziness and stomachaches are symptoms of food poisoning.
- The chocolate cream pie and turkey sandwiches were left at warm temperatures longer than two hours.
- Bacteria grow quickly at room and outdoor summer temperatures.



KITCHEN SAFETY TIPS:

- Use a sharp knife with care. Put knives away when not using them.
- Turn pot handles to the back or side of the stove.
- Use potholders to move hot pots and lids.
- Keep electrical cords away from edges of counters and tables.
- Turn stove burners off after heating food.



PACKED LUNCH SAFETY

When packing a bag lunch or lunch box, it's fine to prepare the food the night before and store the packed lunch in the refrigerator.



To keep the lunch cool away from home, pack with a small frozen gel pack or frozen juice box. Upon arrival at school, store perishable items in a refrigerator if available. Leftover perishables that have been kept refrigerated should be safe to take home. Once gel packs and other cold sources melt, perishables are no longer safe and should be discarded.

Keep hot foods "HOT" and cold foods "COLD." Thermoses and ice packs are excellent for keeping food out of the temperature **Danger Zone** (40°F to 140°F).

SAFE PACKING FOR PICNICS AND OUTINGS

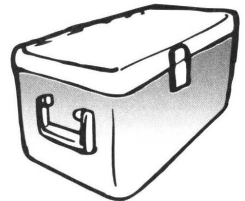
If taking food away from home—on a picnic, for example—try to plan just the right amount of perishable food to take. That way, you won't have to worry about the storage or safety of leftovers.

If cooking foods beforehand—such as turkey, ham, chicken, and vegetable or pasta salads—prepare them in time to thoroughly chill in the refrigerator. Divide large amounts of food into small containers for fast chilling and easier use. Keep cooked foods refrigerated until time to leave home.

After estimating the amount of food that needs to be kept cold, pack an insulated cooler with sufficient ice or gel packs to keep the food below 40°F. Pack food immediately from refrigerator or freezer into the cooler.

Why? Bacteria grow and multiply rapidly in the Danger Zone between 40°F to 140°F. Thus, food transported with no ice source or left out in the sun at a picnic will not stay safe long.

When taking food to a picnic, do not put the cooler in the trunk; carry it inside the air-conditioned car. At the picnic, keep the cooler in the shade. Keep the lid closed and avoid repeated openings. Replenish ice as needed.

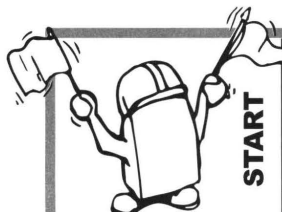
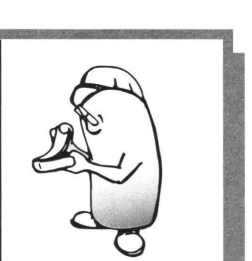
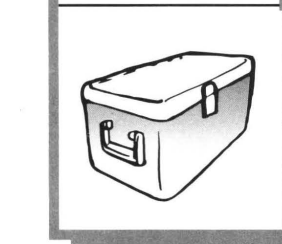
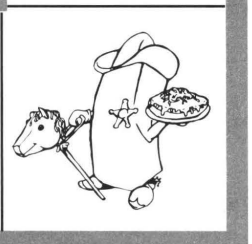


Items which do not require refrigeration include fruits, vegetables, hard cheese, canned meat, canned fish, chips, bread, crackers, peanut butter, jelly, mustard, and pickles. These foods do not need to be packed in a cooler.

Table Talk Challenge

Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer, then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.

 <p>START</p>					
	<p>Game moves:</p> <p>At the grocery store you select refrigerated and frozen foods just before check out. If yes, move 2 spaces.</p> <p>Do you store fresh meat, poultry, or seafood on the bottom shelf of the refrigerator separate from other foods? If yes, move 2 spaces.</p> <p>Did you wash your hands before preparing, handling, or eating food? If yes, move 3 spaces.</p> <p>Do you wash fresh fruit and vegetables before eating? If so, move 2 spaces.</p> <p>Do you pack your school lunch with a small frozen gel pack or frozen juice box? If yes, move 1 space.</p> <p>After school did you place your backpack on the kitchen counter? If yes, move backward 1 space.</p> <p>Do you keep hot foods "Hot" and cold foods "Cold"? If yes, move 3 spaces.</p> <p>Do you keep the cooler in the shade while picnicking? If yes, move 2 spaces.</p> <p>Do you discard refrigerated leftovers after 3 days? If yes, move 2 spaces.</p> <p>Do you read the safe food-handling label on perishable foods? If yes, move 1 space.</p> <p>Do you place cooked food on a plate which previously held raw meat, poultry, or seafood? If so, move backward 2 spaces.</p> <p>Do you store leftovers in clean, shallow containers? If so, move 1 space.</p> <p>Do you keep kitchen counters clean? If yes, move 2 spaces.</p> <p>While preparing food, do you discuss safe food handling practices with parent(s)? If so, move 3 spaces.</p> <p>Do you turn stove burners off after heating food? If yes, move 2 spaces.</p> <p>Do you leave kitchen knives in the sink after cutting food. If yes, move backwards 2 spaces.</p> <p>Do you use a meat thermometer to determine doneness of cooked food? If yes, move 3 spaces.</p> <p>Do you thaw meat, poultry, or seafood on the kitchen counter? If yes, move backward 2 spaces.</p> <p>After you served yourself some milk, did you forget to put the milk back in the refrigerator immediately? If yes, move backward 1 space.</p> <p>Did you clean and sanitize the cutting board after using it for raw meat, poultry, or seafood? If yes, move 3 spaces.</p>				
					

FINISH

Game moves:

At the grocery store you select refrigerated and frozen foods just before check out. If yes, move 2 spaces.

Do you store fresh meat, poultry, or seafood on the bottom shelf of the refrigerator separate from other foods? If yes, move 2 spaces.

Did you wash your hands before preparing, handling, or eating food? If yes, move 3 spaces.

Do you wash fresh fruit and vegetables before eating? If so, move 2 spaces.

Do you pack your school lunch with a small frozen gel pack or frozen juice box? If yes, move 1 space.

After school did you place your backpack on the kitchen counter? If yes, move backward 1 space.

Do you keep hot foods "Hot" and cold foods "Cold"? If yes, move 3 spaces.

Do you keep the cooler in the shade while picnicking? If yes, move 2 spaces.

Do you discard refrigerated leftovers after 3 days? If yes, move 2 spaces.

Do you read the safe food-handling label on perishable foods? If yes, move 1 space.

Do you place cooked food on a plate which previously held raw meat, poultry, or seafood? If so, move backward 2 spaces.

Do you store leftovers in clean, shallow containers? If so, move 1 space.

Do you keep kitchen counters clean? If yes, move 2 spaces.

While preparing food, do you discuss safe food handling practices with parent(s)? If so, move 3 spaces.

Do you turn stove burners off after heating food? If yes, move 2 spaces.

Do you leave kitchen knives in the sink after cutting food. If yes, move backwards 2 spaces.

Do you use a meat thermometer to determine doneness of cooked food? If yes, move 3 spaces.

Do you thaw meat, poultry, or seafood on the kitchen counter? If yes, move backward 2 spaces.

After you served yourself some milk, did you forget to put the milk back in the refrigerator immediately? If yes, move backward 1 space.

Did you clean and sanitize the cutting board after using it for raw meat, poultry, or seafood? If yes, move 3 spaces.

