Summertime Food Safety

Picnic and barbecue season offers occasions for outdoor fun with family and friends. But warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly. Protect yourself, family and friends by referring to these simple food safety tips:

Keep cold food cold.
Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth.

Keep “ready” food hot.
Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

Keep coolers closed.
Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.

Don’t cross-contaminate.
Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.

Don’t reuse platters or utensils.
Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food’s juices to spread to the cooked food.

Source: www.fda.gov

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Easy Strawberry Lemonade

"This is a very tasty and extremely easy drink to make. Just stir together lemonade and frozen strawberries!"

Ingredients:
1 (12 fluid ounce) frozen lemonade concentrate, thawed
4 1/2 cups water
1 (10 ounce) package frozen strawberries, partially thawed

Directions:
1. In a large pitcher, mix together lemonade concentrate and water.
2. Stir in strawberries.

Nutrition Information:
Calories: 10; Total Fat: 0.1g; Cholesterol: 0mg; Sodium: 2mg; Total Carbs: 23.1g; Fiber: 0.7g; Protein: 0.3g.

Source: www.allrecipes.com

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Eating from the Rainbow

Summer is a great time to start your family eating from the rainbow. Include more colorful fruits and vegetables in your family meals and snacks, trying to get all the colors of the rainbow. The natural colors in fruits and vegetables come from micronutrients like beta carotene, lycopene and vitamins which are important for good health. Here are some tips to get you started:

- Put at least one fruit or vegetable from each color on your shopping list for the week.
- Buy fruits and vegetables that are in season to get the most taste and save money.
- Rinse fruits and vegetables as soon as you get home so they are ready for grab-and-go snacks. Store them within kids reach.
- Pick a color theme of the week and have your children help you find as many foods from that color group.
- Find creative ways that you can serve foods, like a rainbow of fruits on a skewer or arrange foods on the plate in the shape of a rainbow.

Children may want to keep a chart of the colors they eat each day and come up with ideas for those colors that are missing. _For more information, visit wholekidsfoundation.org_

Lisa McCoy, MS, RD, Extension Educator, FCS-Healthy Living

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Block the Rays

Sunscreen filters out the sun’s dangerous UV (ultraviolet) rays.

People of all skin colors can get skin cancer from the sun.

Use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

The sun’s UV rays can damage your skin in as little as 15 minutes. Put sunscreen on before you go outside, even on slightly cloudy or cool days.

Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours, and after you swim or do things that make you sweat.

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Balloon Blast-Off

We’ve all blown up a balloon and then let it go to see the mystery of where it will fly. But see if you can get it to hit a target!

_Materials:_
- Balloons
- Straws
- Tape
- String
- Your own Ingenuity & Creativity!

_Goal:_ to hit a target across the room using only the materials listed above.

For more information on 4-H, call 301-724-3320.

http://pbskids.org/zoom/activities/sci/balloonblastoff.html

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The Expanded Food and Nutrition Education Program (EFNEP) helps families. Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

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