

Southern University and A&M College System
AGRICULTURAL RESEARCH AND EXTENSION CENTER
NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

Don't Get Burned - Fire Up With Food Safety

Year after year, we hear and read the same advice: Handle food carefully in the summer because foodborne illness — also known as “food poisoning” — happens more in warmer weather. This is because microorganisms grow faster in the warm summer months. Most foodborne bacteria grow fastest at temperatures from 90 to 110 °F. Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

Clean: Wash Hands and Surfaces Often.

Unwashed hands are a prime cause of foodborne illness.

Wash your hands with hot, soapy water before handling food and after using the bathroom, changing diapers, and handling pets.

Separate: Don't Cross-Contaminate.

Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness.

When packing the cooler chest for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food.

Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.

Chill: Refrigerate Promptly.

Holding food at an unsafe temperature is a prime cause of foodborne illness.

Keep cold food cold!

•Cold refrigerated perishable food like luncheon meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated

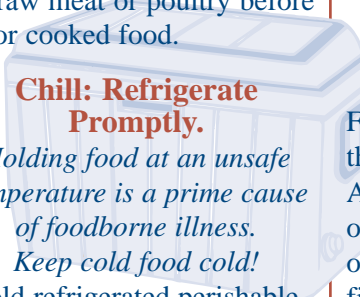
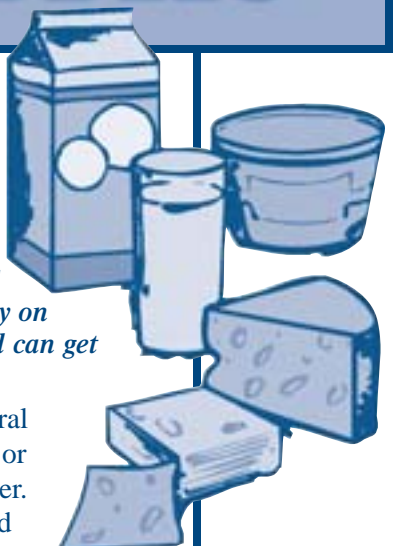
cooler packed with several inches of ice, ice packs, or containers of frozen water.

- Consider packing canned beverages in one cooler and perishable food in another cooler because the beverage cooler will probably be opened frequently.
- Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible.
- Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting.
- If a cooler chest is not an option, consider taking fruits, vegetables, hard cheeses, canned or dried meats, dried cereal, bread, peanut butter, crackers, and a bottle of refreshing beverage.

Leftovers?

Food left out of refrigeration for more than 2 hours may not be safe to eat. Above 90 °F, food should not be left out over 1 hour. Play it safe; put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat.

If you have any doubts, throw it out.



“Eat Healthy - Stay Healthy”

What's Cooking?



Easy Apple - Cinnamon Crisp

- | | |
|-----------------------------|--------------|
| Oats, flakes, rolled, dry | 2/3 Cup |
| Flour, all purpose, | 1/3 Cup |
| Sugar, brown, packed | 2 Tablespoon |
| Cinnamon, ground | 1 Teaspoon |
| Margarine | 1/4 Cup |
| Apples, fresh, peeled, med. | 4 Each |

Preheat oven to 375 degrees F. In a medium bowl, stir together oats, flour, brown sugar, and cinnamon. Cut in margarine until mixture is crumbly. Place apples in an 8-inch square glass baking dish or pan. Sprinkle with oat mixture. Bake uncovered for about 30 minutes or until topping is light brown. Serve warm.

Serves 9



Nutrition Facts	
Serving Size 179g1	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories From Fat 25
Total Fat 3g 5%	
Saturated Fat 1g 5%	
Cholesterol 0mg 0%	
Sodium 41mg 2%	
Total Carbohydrate 20g 7%	
Dietary Fiber 2g 8%	
Sugars 10g	
Protein 2g	
Vitamin A 4%	Vitamin C 4%
Calcium 0%	Iron 4%

References:
 Health and Wellness Center, Bolling Air Force Base, DC
 Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension



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