



Expanded Food and  
Nutrition Education  
Program

### The Market Basket



May/June 2007

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#### **Surviving a McDonalds Birthday Party!**

**Your 6 year old's best friend is celebrating a birthday at McDonald's. Of course, your child is excited but you are not thrilled because you make a conscious effort to encourage your child to eat healthy by avoiding fast foods. What is a parent to do to encourage healthy eating in such a situation?**

**Here are a few tips to help minimize your child's intake of foods that offer little to no nutritive value...**

#### **Facts on Fast Food:**

**One out of four Americans eats fast food.**

**Sometimes, making your choice healthier is as simple as removing the condiments.**

**Drinks are often a significant source of nutritionally empty calories.**

**If you ask for sauces and dressings on the side, you can control the amount that you eat of it.**

**Everything in moderation is a wise guideline to follow.**

**Try to have your son/daughter eat a healthy snack before going to the party. Examples of such foods include: yogurt with a fruit, bowl of cereal with milk, crackers and cheese, fruit with cheese, 1/2 peanut butter and jelly sandwich. Doing this will help curb your child's appetite so that he/she will not eat as much when arriving at McDon**

**Before you get to McDonald's, discuss with your child what he or she will order. Encourage options that will be lower in fat and calories while offering some nutritional value. Here are a few examples of healthier choices from the McDonald's menu (Nutrition facts are available from the McDonald's website):**

**If your child chooses to have a soda and Fries, have him/her order the smallest size, and encourage splitting it with you or a friend.**



## Grilling Season & Food Safety:



**Here are some checkpoints for safe grilling the next time you fire up the grill: When shopping, choose meat and poultry last, and don't put them in the trunk.**

**The temperature**

**there is too hot and bacteria will grow rapidly. meat and poultry should not be out of refrigeration more than 2 hours or 1 hour in warm weather above 90°F. Always store raw meat and poultry below other foods to prevent possible cross contamination from their dripping. Keep your refrigerator at 40°F. Completely thaw meat and poultry in the refrigerator or just prior to cooking in a microwave.**

**Clean up juice spills immediately so a raw product does not get on a cooked product or on foods that won't be cooked. Juice spills should be cleaned with a paper towel or a clean**

**dishcloth. Toss the paper towel or launder the dishcloth in hot soapy water before using it again. Marinate meat and poultry in the refrigerator. Sauce can be brushed on these foods while**

**cooking, but never use the same sauce after cooking that has touched the raw product.**

**Transport meat and poultry to a picnic site in a cooler kept cold with ice or frozen gel packs. Pack food and cooler immediately before leaving home. Avoid frequently opening the cooler. Pack beverages in one cooler and perishables in another.**

**Keep cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter**

**at the picnic site. Remove at one time only the amount of food that will fit on the grill. Be sure**

**to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits and vegetables.**

**Cook ground beef patties to 160°F. The only way to accurately determine doneness is with an**

**instant-read thermometer. The color alone cannot be used to assure a hamburger has been properly cooked. The thermometer should penetrate the thickest part of the hamburger. Insert the thermometer from the side about 2 to 3 inches so it reaches the center of the patty. Unless a**

**food thermometer was used to verify the temperature, do not eat a ground beef patty that is pink or red in the middle. Cook meat and poultry completely at the picnic site. Partial cooking of foods ahead of time allows bacteria to survive and multiply to the point that subsequent cooking may not destroy them. Use a separate clean tongs or spatula for removing meat or poultry from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.**

**Discard any food left out for more than two hours or one hour if the temperature is above**

**90°F. When in doubt, throw it out!**



### **Easy Fruit Salad**

**Ingredients:**

**2 small bananas, sliced**

**1-20 oz can pineapple chunks**

**1-20 oz can peach pie filling**

**1-16 oz can (2 cups) fruit cocktail**

**Peel and slice bananas, drain pineapple chunks and fruit cocktail, Mix fruits and pie filling together, cover and chill until ready to serve.**

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### **Grilled Chicken:**

**4 boneless chicken breasts**

**2 cup Italian dressing**

**In a large sealable plastic bag, or in a medium dish with lid, place chicken breasts (thawed) and cover with Italian dressing. Refrigerate for at least 30 minutes. Place chicken on the grill and cook to appropriate temperature. To check for doneness use a calibrated meat thermometer. The internal temperature of the chicken breast should reach 180 F.**

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### **Grilled Turkey Burger Patties:**

**1 pound ground turkey**

**½ cup bread crumbs**

**1 egg**

**1 small onion, chopped**

**2 Tbsp. prepared mustard**

**1 tsp. garlic powder**

**1 tsp. salt**

**Mix all ingredients in large bowl. Shape into 4 patties. Place burgers on grill . Cook until done. \*\* \*\*To check for doneness use a calibrated meat thermometer. The internal temperature of the turkey burgers should reach 160F.**

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### **Coleslaw:**

**2 cups shredded cabbage**

**½ carrot, shredded**

**¼ cup mayonnaise or salad dressing**

**Salt and pepper to taste**

**1 Tablespoon orange juice**

**1. Combine vegetables in a bowl**

**2. In a small bowl, combine mayonnaise, salt, pepper and orange juice. Add to vegetables, mixing well. Refrigerate.**

June is Dairy Month!



**Celebrate June as Dairy Month by re-introducing yourself and your family to milk. While kids and adults are filling up on more and more soft drinks these days, it's time to bring milk and dairy products back to the refrigerator and to the table. Children today aren't getting half of the calcium they need. Dietary recommendations call for children to consume 800 milligrams (mg) a day for 4- to 8-year olds and 1,300 mg a day for 9- to 18-year olds. That translates into about three to four servings of milk or dairy foods each day. One 8-ounce serving of milk provides 300 mg of calcium.**

**Milk is not just for kids. Most adults mistakenly think they do not need milk and do not consume enough milk/dairy products. With the high percentage (63%) of adults in America who are overweight or obese, some new research should be of interest. Recent scientific evidence suggests a link between dairy consumption and reduced body weight. Dairy provides calcium as well as protein and other essential nutrients that dieters need and might miss when cutting out certain foods in their diet. Preliminary data indicates that calcium may play a role in the body's natural system for burning fat.**

**In a 24-week study, adults on a reduced-calorie diet who ate 3-4 servings of dairy foods each day lost an average of 24 pounds, significantly more than those who also cut calories but consumed few or no dairy foods. The study indicates that 3-4 daily servings of milk, cheese, or yogurt (low fat is best) help people lose more weight by helping them burn more fat in the abdominal region compared to those who just cut calories or take calcium supplements. The mix of essential nutrients in dairy foods, including calcium and protein, appears to speed up metabolism and improve the body's ability to burn fat.**

### **Pudding Cups**

**3 1/4 cups cold fat free milk, 2 pkgs (4-serving size each) sugar free, fat free instant pudding mix, 8 oz fat free non dairy whipped topping, thawed, 12 reduced fat chocolate sandwich cookies, crushed and divided. Pour milk into a large bowl. Add pudding mix and beat with wire whisk about 2 minutes. Fold in half of the whipped topping and half of the crushed cookies. Spoon pudding into 8 individual cups. Top each with a dollop of whipped topping and sprinkle with crushed cookies. Refrigerate. Makes 8 servings**



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