



Expanded Food and
Nutrition Education
Program

The Market Basket



July/August 2007

**INSIDE THIS ISSUE:
TRAVEL-SAFE FOODS
FOR SUMMER**

**BE SMART WITH
SUMMER SNACKING**

SUMMER RECIPES

NUTRITION TIPS

Travel-Safe Foods for Summer

The number of food borne illnesses increases during the summer. Bacteria love the hot, humid days of summer, and grow faster than at any other time of the year. When the temperature is above 90°F, the time perishable food can be left outside the refrigerator or freezer, drops from two hours to one hour.

Keep perishable foods cool by transporting them to a picnic site in an insulated cooler kept cold with ice or frozen gel packs. Perishable foods include meat; poultry; seafood; eggs; dairy products; pasta; rice; cooked vegetables; and fresh, peeled and/or cut fruits and vegetables.

Pack the cooler immediately before leaving home with foods that have been kept chilled in the refrigerator. Throw away any perishable leftovers that have been kept out over two hours (one hour if the temperature is above 90°F.)

Rather than worry about keeping hot foods hot and cold foods cold, limit the number of perishable foods on your menu, especially if you'll be at a picnic site for several hours. When eating away from home, pack disposable towelettes if no hand washing facilities is available.

Nutrition Tips:

Most of us do not drink enough water. Symptoms of dehydration include dizziness, lack of concentration, irritability and headaches. Aim to drink 6-8 glasses of water a day and you will stay well hydrated.

It is not necessary to cut meat out of your diet. Instead, buy the leaner cuts and trim off any fat. It is also recommended to eat oily fish (tuna, mackerel and herrings) at least 3 times a week as they contain the beneficial Omega 3 oil



Be Smart with Summer Snacking:



Smart and healthy snacking can bridge the gap between meals and keep the whole family energized throughout summertime activities. The trick is to avoid foods that are high in fat, processed foods and foods that offer little nutritional value.

Whether your children are riding bikes, playing sports, swimming or tend to participate in inactive pastimes like reading, television, playing video games or using the computer during the summer months, it's important to keep a stock of healthy snacks on hand. Fruit, string cheese, low-fat yogurt, cereal bars, graham crackers, goldfish crackers, pretzels, light microwave popcorn and low-sugar fruit or fudge bars are quick and easy snacks.

One of the key elements of snacking, as well as eating regular meals, is keeping an eye on portion size. Take the time to prepare single-serving snacks. Put single servings of acceptable snacks such as grapes or pretzels in the snack size zipper bags. Making single-serving snacks readily available can help eliminate a "free for all" over a large bag of chips or crackers.

When it comes to choosing a snack, encourage children to pick fruits or vegetables first. Fruit smoothies are an option for getting in several servings of fruit per day. Another good idea is peanut butter on rice cakes, apple slices, celery sticks, pretzels and crackers. If children insist on snacking on cookies, try fig bars, gingersnaps or vanilla wafers in place of items such as chocolate chip cookies.

A selection of fruit, coupled with wooden skewers can make great tasting fruit kabobs for children. Vanilla yogurt makes a fun dip for the fruit. Fresh vegetables also can be used with a healthy dip. Keep in mind that younger children will need adult supervision when putting the fruit or vegetables on the skewers.

Make sure children get a workout as well. Exercise goes hand-in-hand with healthy eating. Many local recreation departments offer a variety of summer sports for youth. Try to encourage some type of physical activity for at least 30 minutes every day.

When done correctly, healthy snacking can actually help with weight control and prevent sharp fluctuations in blood sugar. Simply making the snacks healthy and accessible are key elements of a healthy summer.

Summer Recipes:



CORN SALAD

2 cans (15 ounce) of corn, drained

1/2 cup chopped green peppers

1/4 cup diced onions

1 cup chopped tomatoes

Dressing:

1/4 cup low fat sour cream OR nonfat yogurt

2 Tablespoons low fat mayonnaise/salad dressing

1 Tablespoon vinegar

Instructions:

- 1. In a large mixing bowl combine corn, green peppers, onions and tomatoes**
- 2. In a separate bowl combine dressing ingredients.**
- 3. Pour dressing over vegetables and mix. Serve well-chilled.**

FROZEN BANANAS

2 tablespoons reduced fat peanut butter

1/2 cup evaporated skim milk

2 bananas cut in half

1/2 cup Chopped nuts or crunchy bran cereal

Instructions:

- 1. Mix peanut butter with skim milk.**
- 2. Roll bananas in peanut butter mixture.**
- 3. Then roll in nuts or cereal.**
- 4. Place in freezer until frozen**

Peach-Raspberry Smoothie

1 cup un-sweetened, frozen raspberries

3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)

1/2 cup fruit-flavored, low-fat yogurt (try peach)

Blend all ingredients well in blender, and drink!

Recipes 2:

Watermelon Banana Split:

A Healthy Twist to an Old Favorite

2 bananas
1 medium watermelon
1 cup fresh blueberries
1 cup diced fresh pineapple
1 cup sliced fresh strawberries
1/4 cup caramel fruit dip
1/4 cup honey roasted almonds



Peel bananas and cut in half lengthwise then cut each piece in half.

For each serving, lay 2 banana pieces against sides of shallow dish. Using an ice cream scooper, place three watermelon "scoops" in between each banana in each dish. Remove seeds if necessary.

Top each watermelon "scoop" with a different fruit topping.



Save the date: FREE Family Event on Sat. July 28th. It's a "Back to School Blast" Their will be Health Screenings, backpacks full of school supplies (while supplies last), get connected to Community Resources and The Extension Office will have a Booth their with a Healthy Snack, Nutrition handouts & 4-H Information. The Event will be at the Lakeland Center in Sikes Hall. Call: 686-1221 ext. 221 for more information.



In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider