



Expanded Food and Nutrition Education Program

The Market Basket



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Questions:

Is it true that my body can't make it's own Vitamin C?

It is true that your body doesn't make it's own Vitamin C, in fact, ascorbic acid which is another name for Vitamin C, is an essential Vitamin for us so we need a Vitamin C rich food everyday.



Questions? Comments?

SEND EMAIL

To: j6256@ufl.edu

Dear Friends:

I hope you are all enjoying your Summer! We are well underway into Summer so I have included Summer Food Safety Tips and healthy snacks for children. With gas prices the way they are and the economy not good either I am going to devote an article within each newsletter in the coming months about Food Budgeting, always remember too that you can learn even more if you enroll in the Polk County EFNEP program. Email or call for more information.

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“Tray-Pack” frozen foods for Easy Pouring:

"Tray pack" is a method of freezing that makes foods easier to pour from the container. It works especially well for such items as pieces of fruit (a great way to freeze fruit for smoothies or pies!) and for freezing extra amounts of red and green peppers (peppers can be frozen raw). NOTE: You may need to treat certain fruits that darken when cut -- such as apples, peaches and pears -- with Fruit Fresh® or a similar product. Follow package directions.)

Here's how to do it:

1. Spread a single layer of prepared fruit on shallow trays and freeze.
 2. When frozen, promptly package and return to the freezer.
 3. The food pieces remain loose and can be poured from the container and the package re-closed.
- Be sure to package the food as soon as it is frozen, to prevent freezer burn.



BBQ Food Safety Tips:

Many people enjoy outdoor grilling this time of year, here are some tips to avoid food poisoning caused by germs growing too quickly in the summer heat.

1. Wash your hands before serving or preparing food.
2. Meats must be cooked to the proper temperature to assure safety.
3. While the juice color usually changes from red to gray when the meat is fully cooked, it's not a reliable test to assure its safe to eat. Always check the meat with a meat thermometer you can get them fairly cheap at Wal-mart or the dollar Store.
4. Insert the thermometer into the center of the meat, which is the least cooked part. For checking hot dogs, go from the end of the hot dog to the center. Be careful not to pass through the meat and touch the cooking surface or you will get a false high temperature reading.
5. Serve the first-cooked meats first. Make sure the food is used before the temperature drops under 140 degrees, and within two hours. Cold foods need to be kept cold. Keep them refrigerated (at 40° F) or stored in coolers with lots of ice until ready to eat.
6. Refrigerate any leftovers immediately! Never leave food at room temperature for more than two hours.
7. Wipe surfaces often, especially after using them for food preparation. Germs from undercooked meat can grow on vegetables cut or washed on the same surface as the meat. Mix and use a sanitizer solution of one capful of chlorine bleach per gallon of water for cleaning work area surfaces
8. Keep flies away! Cover trash containers, and do not store meat wrappers and other trash, even for a short time, in open cardboard boxes or uncovered containers.
9. Keep plates, cups, utensils and food covered until ready to use.
10. Use a separate cutting board or surface for foods that will not be cooked (such as salad).
11. Don't wear loose finger or wrist jewelry or false nails while working with food.
12. Don't prepare and serve food if you have been sick with vomiting or diarrhea within the past 24 hours.
13. Never re-use plates before washing them, especially plates used to hold raw meats or eggs.
14. Do not use fly spray or "No-Pest" chemical strips - they can contaminate the food.
15. When handling plates, cups and utensils, touch them where food will not be placed: use handles, rims, bottom of plates, etc.
16. Tie long hair back in a pony tail or bun. A hat, bandanna or net will also work.
17. Use the chart to the right for checking with
A meat thermometer for the correct internal
Temperate of the meat you are cooking at
The time.

Chicken	165° F
Hamburger	160° F
Pork	150° F
Hot dogs	140° F
Leftovers	165°
Eggs	145°
Other foods	140°

10 Things your Grocery Store doesn't want you to know:

Grocery shopping seems like a harmless enough activity. It's a chore, but it's one that most of us do at least once a week, without giving much thought to what's going on behind the scenes at the supermarket. How we shop has become a science that's studied endlessly. "Market researchers have worked for years to come up with ways to make sure shoppers see as many products as possible, because the more they see, the more they buy.

So to make yourself a smarter shopper, learn about the top tricks and other secrets lurking at the supermarket:

1. The shopping carts have cooties.

According to studies done on shopping carts, more than 60 percent of them are harboring coli form bacteria (the sort more often associated with public toilet seats). To avoid picking up nasty bacteria, use sanitizing wipes to clean off cart handles and seats, and to wash your hands after you finish shopping.

2. Dates are open to interpretation.

Except for baby formula and food, product expiration dates are not required by Federal regulations (some states, however, have their own rules requiring product dating). Labels that give a "Best if Used By" date are more of a suggestion than a safety issue—the food will taste best if eaten by the date on the label, but won't necessarily be unsafe if eaten after that. If a product is stamped with a "Sell-By" date, that is how long the store should display it. Once you bring it home, perishable products (like meats) should be kept refrigerated and used within a few days.

3. Kid-friendly food is purposely placed within their reach.

Anyone who shops with a child (or several) in tow has to keep an eye out for products the kids grab and toss into the cart. "The packages with the cartoons on them are often placed on low shelves where even toddlers can reach for them." A trip down the cereal aisle will confirm this. Sugary cereals are at kid's eye level, while the healthier, all-bran options are usually on the highest shelves. It's the same situation at the cash register, where candy and gum are strategically placed to encourage impulse buys by adults and kids can easily grab low-lying product.

4. They cut up food so they can charge more.

In the produce department there are luscious-looking slices of pineapple and melon, veggies cut up and ready for cooking or salads. At the meat counter, chicken breasts and beef are cut into chunks and marinated—ready for immediate grilling. There's no denying that these pre-cut foods can make life incredibly easy. And nutritionists agree that if they get people to eat more healthfully, there's nothing wrong with them. But realize that you're also paying a tremendous premium—sometimes up to twice as much as uncut versions of the same food—just so you don't have to bother picking up a knife.

5. Good-for-you foods require bending and reaching.

Not surprisingly, grocery store eye candy (which sometimes is actual candy)—those foods with enticing come-ons and delectable photos on the packaging that aren't on your shopping list—are prominently placed to encourage you to reach for them.

6. End-of-aisle displays are there to distract you from your mission.

Food companies pay the stores to place their products where they can be seen most in a display at the end of an aisle. That prime real estate is likely to hold high-profit items to inspire impulse buys.

7. Bargains aren't always a bargain.

Who can resist an offer like "buy five, get one free," or "three for \$1"? Apparently, very few people can. "Any time you see numbers in a sign, you're likely to buy at least 30 percent more than you may have purchased otherwise. Mindless shopping leads to mindless eating. Once the stuff is in the house, you'll eat it whether you really want it or not.

8. You'll walk the store the way they want you to.

There's nothing haphazard about the layout of your grocery store. Sure, some of it is practical (like refrigerated cases along the periphery or meat cases in the back by the store's loading dock), but some is carefully calculated to help you part with more money. Walk in the front doors and chances are you're faced immediately with hard-to-resist items (not on your list) like fresh-cut flowers or just-baked loaves of bread. Just try walking past them en route to a carton of milk without tossing something extra into your cart. In fact, research has shown that 60 percent to 70 percent of what ends up in our carts is unplanned.

Continued 10 Things Grocery Stores don't want you to know:



9. The salad bar can make you sick.

Raw produce at the salad bar, pre-made salads at the deli counter and other pre-cooked prepared foods all have the potential for harboring harmful bacteria. The biggest contributors to unsafe food are foods that are held at unsafe temperatures, handling of food by individuals with poor hygiene, and refilling partially used containers of perishable food with fresh food.

10. They don't always clean as often as they should.

Health inspectors routinely visit supermarkets to look out for the red flags that may signal unsafe conditions for your food. But you can do a little snooping yourself. Flies in the produce or meat departments could be depositing bacteria on raw food. Roaches scurrying across the floor could also be harboring dozens of different diseases. And of course, check the shelves and products for dirt and grime—cans that are covered in dust may be an indication that they've sat around past their shelf .



Frosty:

- 1 frozen banana
 - 1/2 cup of low-fat or fat-free yogurt
 - 1/2 cup orange or pineapple juice
- Put all ingredients in a blender and blend well.

Four-Fruit Salad:

- 1 cup seedless grapes
 - 1 cup orange segments
 - 1 large apple cut-up
 - 1 large pear cut-up
- Toss all ingredients together and serve in a glass dish with a scoop of low-fat Vanilla Yogurt on top

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