



Food and Fitness

OUTDOOR FOOD SAFETY TIPS FOR SUMMER

Sweet summer time is here and that generally means at some point eating outside will occur. Eating outside is a great way to get together and embrace the season with family and friends.



Over the years, I have personally noticed people generally do not properly keep their perishable foods safe indoors or outdoors. The high heat of the outdoor summer changes the rules for how food is kept safe. In fact, in the winter time and being indoors (if the temperature is below) food safety times are doubled. The higher heat temperature completely changes the rules on food safety. Here are some tips for keeping food safe when eating outside, and what to look for when going outdoors to keep yourself from getting foodborne illnesses.

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OUTDOOR FOOD SAFETY TIPS FOR SUMMER

Let's start with defining perishable. Perishable foods are foods that will spoil and become unsafe to eat if not kept refrigerated at or below 40 degrees F or frozen at 0 degrees or below. These foods include, but are not limited to meat, fish, poultry, dairy products, and leftover foods. The refrigeration and freezing process slows down the growth of bacteria. When these foods are not kept within the temperature listed above, the bacteria grows at rapid speed which causes food-borne illnesses.



Tips

1. Keep hot foods hot. Hot foods need to be kept at an internal temperature of 140 degrees F or above. Hot foods can be kept in crockpots or something that can maintain the proper heating temperature.
2. Keep cold foods cold. Here ice is your friend. Place foods that need to be kept cold on ice. Place the food in a smaller bowl and fill a larger bowl with ice. Then, sitting the smaller bowl on top of the larger bowl will keep it cool. Often, I will place a cutting board for foods, that do not work well in a bowl situation, on a tray of ice. A cooler can also be great here, but make sure to keep coolers with ice and food closed.
3. Know the temperature danger zone for these high heat times. If the temperature outside is above 90 degrees F, perishable foods should not be left out of refrigeration for over 1 hour.
4. Pay attention to the time. Once foods have expired out of the safe zone, no longer serve or eat those foods that were not kept safe with warming tables or ice.

The summer season is upon us, and what better way to enjoy the season than being outside, which often means eating outside. Having these tips can help prevent unwanted food illnesses. Even if you are not the one hosting an event, now you know what to check for in order to keep you and your food safe.

Eating Outdoors: *Handling Food Safely*



Keep your food safe: from the refrigerator/freezer — all the way to the picnic table!

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- **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. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- **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.
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

VEGETABLE—TOMATO

A tomato is botanically considered a fruit. However, in the world of food, how we prepare it, and what it does inside our bodies, we count it as a vegetable.

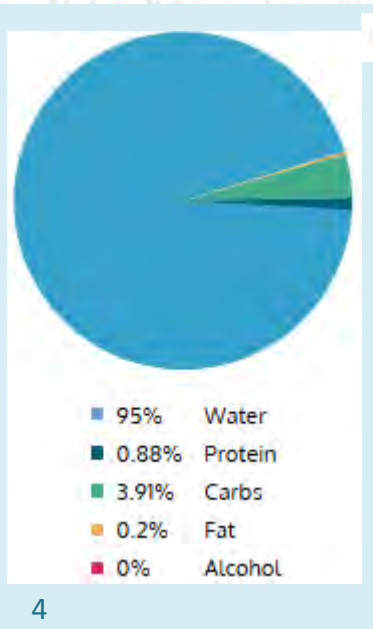
Tomatoes come in many varieties. Even though, commercially we see most tomatoes as red, they can also be orange, yellow, green, purple, or even a mix of colors. The flavors of tomatoes can have many different profiles, some are more acidic while others are sweeter.

Different types of tomatoes are grown for different purposes, some are better to be eaten fresh while other are great for canning and making sauce. No matter the case, tomatoes are incredibly popular and their versatility is endless.

As far as nutrition is concerned, tomatoes contain dietary fiber, antioxidants, vitamin C, vitamin k, copper, potassium, manganese, vitamin A, vitamin B6, and more.

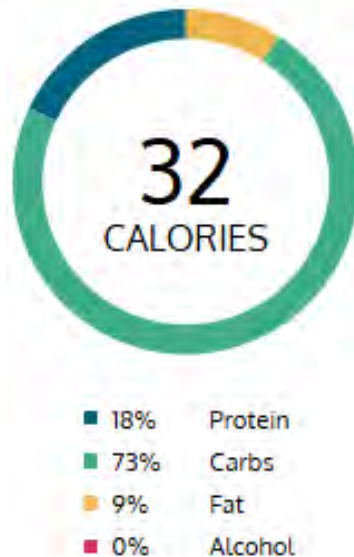


WHAT IS THIS FOOD MADE OF?



4

WHERE DO THE CALORIES COME FROM?



Minerals

		%DV
-- = missing data		
Weight	180g	
Calcium	18mg	1%
Iron, Fe	0.49mg	3%
Potassium, K	426.6mg	9%
Magnesium	19.8mg	5%
Phosphorus, P	43.2mg	3%
Sodium	9mg	0%
Zinc, Zn	0.31mg	3%
Copper, Cu	0.11mg	12%
Manganese	0.21mg	9%
Selenium, Se	0mcg	0%
Fluoride, F	4.1mcg	0%

NUTRITION FACTS

Tomatoes

Tomatoes, red, ripe, raw, year round average

Serving Size:

1 x 1 cup, chopped or sliced (180g) ▼



Nutrition Facts

Serving Size

1 cup, chopped or sliced (180g)

Calories 32

% Daily Value *

Total Fat 0.36g	0%
Saturated Fat 0.05g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2.2g	8%
Total Sugars 4.7g	9%
Includes --g Added Sugars	--%
Protein 1.6g	3%
Vitamin C 24.7mg	27%
Vitamin D 0mcg	0%
Iron 0.49mg	3%
Calcium 18mg	1%
Potassium 426.6mg	9%
Phosphorus 43.2mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

-- = missing data

%DV

Weight	180g	
Vitamin A, RAE	75.6mcg	8%
Vitamin C	24.7mg	27%
Thiamin (B1)	0.07mg	6%
Riboflavin (B2)	0.03mg	3%
Niacin (B3)	1.1mg	7%
Vitamin B5 (PA)	0.16mg	3%
Vitamin B6	0.14mg	8%
Biotin	--mcg	
Folate (B9)	27mcg	7%
Folic acid	0mcg	0%
Food Folate	27mcg	7%
Folate DFE	27mcg	7%
Choline	12.1mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	808.2mcg	7%
Carotene, alpha	181.8mcg	1%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	1499.4IU	
Lycopene	4631.4mcg	
Lut + Zeaxanthin	221.4mcg	
Vitamin E	0.97mg	6%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	14.2mcg	12%

RECIPE—REFRESHING TOMATO SALAD

Ingredients

- 1 pint grape tomatoes, halved
- 1/8 cup red onion, thinly sliced
- 1/2 tablespoon fresh herbs (like basil, oregano, dill, parsley)

Dressing

- 1 1/2 tablespoons olive oil
- 1/2 tablespoon red wine vinegar
- Salt and pepper to taste
- 1/4 cup bocconcini or fresh mozzarella, optional

Instructions

1. Place tomatoes, red onion and cheese (if using) in a shallow bowl.
2. Drizzle with olive oil and red wine vinegar. Toss to combine.
3. Season with salt pepper, and fresh herbs to taste.

Recipe adapted From: [Fresh Tomato Salad - Spend With Pennies](#)

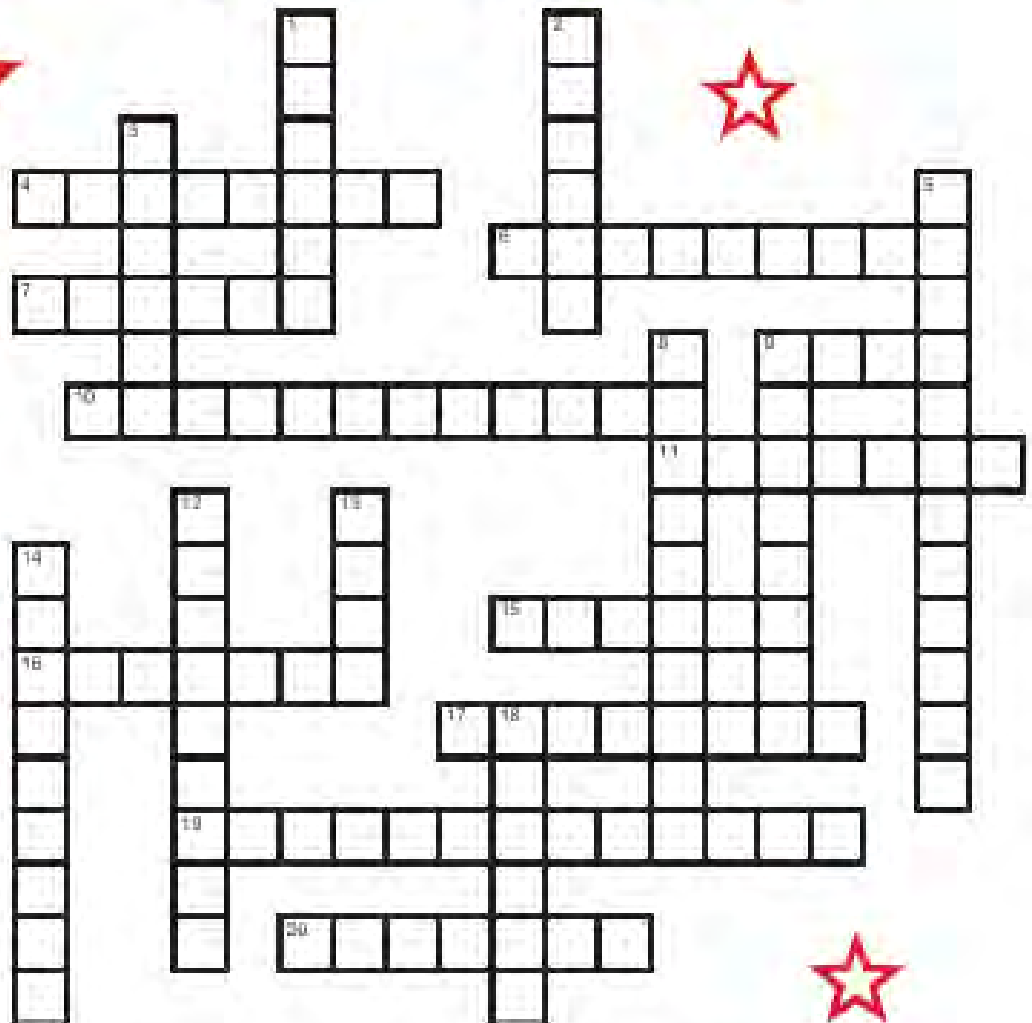


BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!



Crossword Challenge



ACROSS

- American President who was born on July 4th, Calvin ____.
- Founding Father and third President of the United States.
- Public procession that might occur on July Fourth.
- Red, white and ____.
- City in which the Declaration of Independence was signed.
- Nickname for the American flag, stars and ____.
- Open air meal popular on July Fourth.
- Symbol of freedom located in the New York City Harbor: Statue of ____.
- Number of original colonies that declared independence.
- Fight for American independence: The ____ War.
- Famous signer of the Declaration of Independence: John ____.

DOWN

- Patriotic song often sung on Independence Day: Yankee ____.
- National anthem of the United States: The Star-Spangled ____.
- The day of the month on which America declared its independence.
- Founding document of the United States: The Declaration of ____.
- First President of the United States.
- Cooking outdoors on a grill.
- Light show often seen on the 4th of July.
- Month in 1776 when the Declaration of Independence was signed.

- National bird of the United States.
- Commonly consumed food on July 4th.

**For Hints and
Answers see
page 9**

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>National Postal Workers Day</i>	2 <i>I Forgot Day</i>	3 <i>Eat Beans Day</i>	4 <i>Independence Day</i>	5 <i>National Apple Turnover Day</i>	6 <i>National Fried Chicken Day</i>
7 <i>Chocolate Day</i>	8 <i>National Blueberry Day</i>	9 <i>National Sugar Cookie</i>	10 <i>Pick Blueberries Day</i>	11 <i>Cheer up the Lonely Day</i>	12 <i>Pecan Pie Day</i>	13 <i>National French Fries Day</i>
14 <i>National Mac & Cheese Day</i>	15 <i>National Give something Away Day</i>	16 <i>Fresh Spinach Day</i>	17 <i>National Hot Dog Day</i>	18 <i>World Listening Day</i>	19 <i>National Daiquiri Day</i>	20 <i>Ice Cream Soda Day</i>
21 <i>National Ice Cream Day</i>	22 <i>Hammock Day</i>	23 <i>Picnic Table Day</i>	24 <i>Cousins Day</i>	25 <i>National Chili Dog Day</i>	26 <i>Aunt and Uncle Day</i>	27 <i>National Love is Kind Day</i>
28 <i>National Milk Chocolate Day</i>	29 <i>National Chicken Wing Day</i>	30 <i>National Cheese-cake Day</i>	31 <i>National Watermelon Day</i>			

Monthly Observations

- National Cell Phone Courtesy Month
- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for Weddings
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month



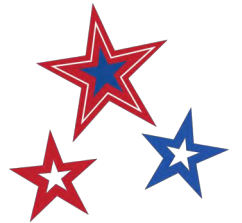
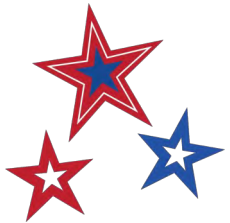


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July Fourth

Crossword Word Bank and Answers



- | | |
|--------------|---------------|
| Bald Eagle | Jefferson |
| Banner | July |
| Barbecue | Liberty |
| Blue | Parade |
| Coolidge | Philadelphia |
| Doodle | Picnic |
| Fireworks | Revolutionary |
| Fourth | Stripes |
| Hancock | Thirteen |
| Hot Dog | Washington |
| Independence | |

