



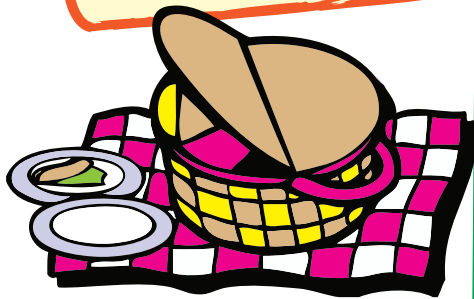
Super Summer Safety

School
Nutrition
Program
May 2011

Summer Slip Ups

We all know that sunscreen is important. However, **1 in 5 Americans will have skin cancer in their lifetime.** The good news is those odds can be reduced significantly for you and your kids by using sunscreen properly and by limiting the amount of sun exposure. Here are common mistakes that are associated with the use of sunscreen:

- Some think "It's too early in the year," or "It's late enough in the day," or "I won't be out long." Don't let these familiar comments keep you from slathering on the sunscreen.
- On the average, people use less than half the required amount. Use enough so that it actually hard to work into the skin.
- All types of sunscreen should be reapplied every couple of hours, regardless of the type of activities or skin type.
- To be most effective, sunscreen should be applied 30 minutes prior to being exposed to the sun.



Picnic Panic!

The issue of Food Poisoning seems to be more prevalent than ever, especially with temperatures climbing higher and higher. Bacteria thrive in warmer weather and multiply very quickly between the temperatures of 40-140 degrees Fahrenheit. **Picnics can be a breeding ground for organisms that cause a variety of food-borne illnesses such as E. coli and Salmonella.** Both of these conditions are associated with unpleasant symptoms like diarrhea and vomiting. Follow these tips to keep your family safe while enjoying the fun of picnicking.

Summer Snacking

- SUGAR FREE POPSICLES
- NUTS AND DRIED FRUITS
- LOW-FAT CHEESE STICKS
- REDUCED SUGAR CEREALS
- FRESH FRUIT SLICES
- VEGGIES STICKS
- 100% JUICES



CLEAN

- Wash hands with soapy water.
- Pack disposable, disinfectant towels.
- Ensure a safe water source is available.

SEPARATE

- Keep raw meats away from other foods.
- Clean items used to handle raw meats.
- Sanitize work surfaces before and during prep.

COOK

- Take an accurate thermometer.
- Know the specific safe internal temperature.
- Use thermometer in the thickest area of meat.

CHILL

- Keep cold foods below 40F.
- Replace ice often in coolers.
- Don't keep leftovers; Throw out!

Q: If April showers bring May flowers, what do May flowers bring?
A: Pilgrims!

Source: The Partnership for Food Safety Education

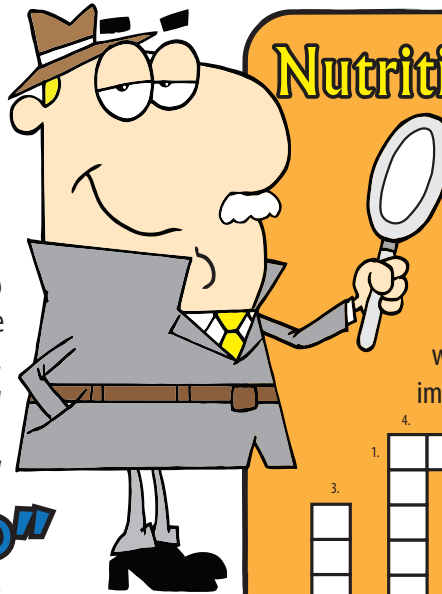
National School Nutrition Employee Appreciation Week

May 2-6, 2011

Thank the staff at your school for making a difference in your student's success at school!

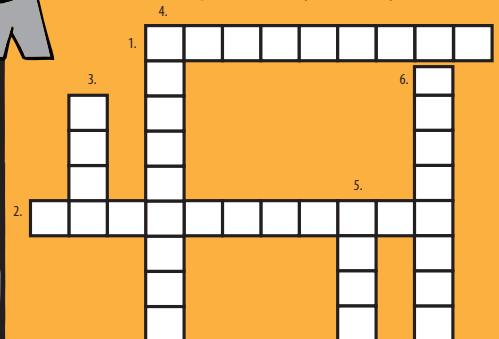
Believable But Bogus You can tell when meat is "done" BY OBSERVING SPECIFIC, PHYSICAL CHANGES.

According to the USDA, 1 in 4 burgers turn brown before it is safe to eat. **There is no way to tell if meat is safe to consume without taking the internal temperature of the product.** There may be signs that the product is close to being "done," such as clear juices and a change in color or texture. However, those are merely indicators. Heating the product to the required temperature ensures that harmful bacteria have been killed. Without a thermometer, no one can accurately guess the temperature of the meat. Don't take chances. Heat your meat to the correct internal temperature. For specific temps, visit <http://www.fightbac.org/>



Nutrition Mission

Make it your mission to decode the messages below! Look back through the newsletter to remember why each of these words is important to your daily diet.



ACROSS:

1. _____ popsicles are a great snack

2. Use a _____ to tell if meat is safe to eat

DOWN:

3. _____ hands before eating

4. Use _____ before going outside

5. Apply sunscreen _____ minutes before exposure

6. _____ raw meat from other foods

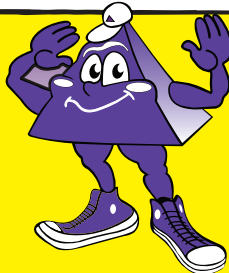
1. Sugartree, 2. Thermometer, 3. Wash, 4. Sunscreen, 5. Thirty, 6. Separate

Recipe Remix:

"WRAP" Time!

Ingredients:

- 3 slices of deli meat
- 3 slices of cheese
- ½ cup iceberg lettuce
- 2 Tbsp mayonnaise
- 1, 10 inch tortilla



PROTEIN PATROLMAN

Rescue with:

- 3 slices of 98% Fat-free deli meat
- 3 slices of tomato
- ½ cup baby spinach leaves
- 2 Tbsp light ranch dressing
- 1, 10 inch whole grain tortilla

Directions: Spread dressing on tortilla. Layer meat and tomato slices on top of tortilla. Sprinkle with spinach. Fold up bottom edge of tortilla, fold in sides, and roll. Wrap in plastic wrap, and refrigerate until ready to serve.

Pyramid Characters-Patent Pending

© 2011 Brazeal Consulting LLC, All Rights Reserved



For more information, please contact us or visit our website.

<http://www.hcbe.net/nutrition/>

Jeannine Hill, Director, jeannine.hill@hcbe.net • Meredith Potter, Dietitian, meredith.potter@hcbe.net