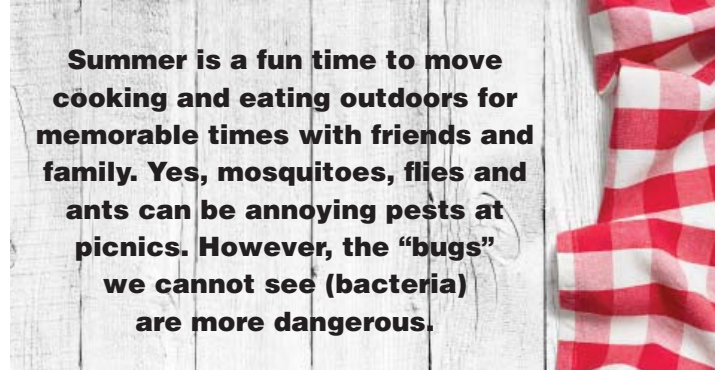




# July is National Picnic Month



Try this quiz to see if you are ready to keep your family and friends safe from foodborne illness during hot summer months. “Perishable” means a food will “go bad” if it is kept out too long at room temperature. We need to keep perishable foods out of the temperature danger zone (40 to 140 F) to keep them safe.

**1. Which of these foods are not perishable?**

(Circle all that apply)

- a. Meat and fish
- b. Trail mix (nuts, dried fruit, cereal mixtures)
- c. Hard-cooked eggs
- d. Cooked pasta
- e. Cooked rice
- f. Peanut butter sandwiches
- g. Peeled and cut fruits
- h. Peeled and cut vegetables

**2. How long can perishable food be kept on a picnic table (without ice) when the temperature is 90 F?**

- a. 30 minutes
- b. 60 minutes
- c. 90 minutes
- d. 120 minutes

**3. Where should you keep your coolers before you serve food at your picnic?**

- a. In the trunk of a vehicle
- b. In the passenger section of a vehicle without air
- c. On the picnic table
- d. Under a shady tree

**4. Bring your food thermometer if you plan to cook at your picnic. To what minimum temperature should you cook each of the following foods, according to the U.S. Department of Agriculture?**

Choose from these options: 145 F 160 F 165 F

- a. Chicken breasts \_\_\_\_\_
- b. Ground beef \_\_\_\_\_
- c. Fish \_\_\_\_\_
- d. Beef steak \_\_\_\_\_



**Enjoy a variety of foods from the food groups at your picnic. Don't forget to bring the bug spray, but keep it away from food. Always carefully extinguish campfires when you leave, too!**

The answers are:  
1. b and f; 2. b; 3. d; 4. a, 165, b, 160; c, 145; d, 145

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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# I have a hard time stretching my food budget to reach the end of the month. How can I afford to eat healthfully on a budget?

Getting nutritious food on a budget doesn't have to be expensive. In fact, empty-calorie snack foods such as a bag of chips and a can of pop usually cost more than a more healthful snack such as a banana and a bottle of water. Save even more money on beverages by filling a reusable water bottle from the faucet at home or work.

Save money by planning your meals according to the grocery specials. Check for coupons and pair them with specials to increase your savings. Often seasonal fresh fruits and vegetables are less expensive and featured in sales ads.

Look for other forms of fruits and vegetables, too. Compare the prices of canned, fresh and frozen fruits and vegetables. They all count toward the daily goal of 4½ cups (total) of fruits and vegetables for adults.

Your Extension agent/assistant can provide you with many more ideas to stretch your food dollar. Visit [www.ag.ndsu.edu/food/foodwise](http://www.ag.ndsu.edu/food/foodwise) for lots of ideas and "like" us on Facebook for regular tips and ideas.



## FoodWi\$e Tip of the Month

### Save Your Food!

Do you ever end up tossing out fresh fruits and vegetables before you have a chance to use them? Most fruits and vegetables freeze very well. Some vegetables need to be "blanched" (boiled in water for a short time) before freezing to maintain good color. Be sure to use freezer bags or containers. You can find free directions about freezing and other ways to preserve foods on the NDSU Extension Service website: [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) (click on Food Preservation).

Try this easy salad with some fresh-from-the garden vegetables.

## Garden Pasta Salad

- ½ c. dry spiral macaroni\*  
(cooked according to directions)
- ¼ c. onion, finely chopped
- ½ c. cucumber, finely chopped
- ¼ c. green or red bell pepper, diced
- 1 Tbsp. vinegar
- ½ Tbsp. canola oil  
or other salad oil
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅛ Tbsp. parsley, chopped (optional)

### Menu idea:

Grilled fish or chicken, Garden Pasta Salad, watermelon slices, low-fat or fat-free milk

\* **Note:** Try whole-grain or multicolored pasta.

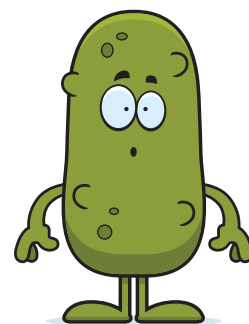
1. Cook macaroni according to package directions. Drain.
2. Prepare vegetables as directed.
3. In a medium-sized bowl, combine macaroni, onions, cucumbers and green peppers. Mix well.
4. In a separate bowl, mix vinegar, oil, salt and pepper. If using parsley, add.
5. Pour the prepared dressing over the pasta. Mix well.
6. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.

Makes four servings. Each serving has 70 calories, 2 grams (g) fat, 2 g protein, 10 g carbohydrate, 2 g fiber and 200 milligrams sodium.

### Just for Fun

Why was the cucumber mad?

Because it was in a pickle!



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Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

