



Let's Eat Outside (Safely)!

As the weather warms, many people enjoy cooking outside on a grill or packing a picnic to eat on a nature hike. Problem is, if we don't pay close attention to safe food handling, we could put our family and friends at risk of foodborne illness or "food poisoning."

Foodborne illness increases during the summer because the temperatures are warmer, and the bacteria present around us can "hop on" food and grow quickly in the warm temperatures. Summer also tends to be humid, and moist environments increase the chances for bacteria to grow.



Answers: 1. 165 F; 2. 160 F; 3. 20; 4. 1

Test Your Food Safety Savvy:

1. To what temperature should you cook chicken? _____ F
2. To what temperature should you cook burgers? _____ F
3. How long should you wash your hands with soap and water? _____ seconds
4. On a hot day (above 90 F), how long can you leave food on the picnic table? _____ hour(s)

Remember These Four Tips to Food Safety

1. Clean: Wash Hands and Surfaces Often

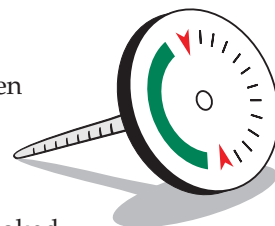
When eating away from home, check if the site has a source of "potable" (safe) drinking water. If not, bring water for preparation and cleanup. For picnics away from water sources, pack wet wipes and paper towels to clean hands and surfaces.

2. Separate, Don't Cross-contaminate

When you pack a cooler for an outing, be sure raw meats and their juices do not come into contact with ready-to-eat foods or beverage cans. Place meats in tightly sealed storage containers. Even better: Have a separate cooler for raw meats.

3. Cook to the Proper Temperature

Meat and poultry cooked on a grill often browns very fast on the outside, so be sure the meat is cooked thoroughly. Use a food thermometer to check the internal temperature. If you pick up cooked, hot food (such as chicken) at a restaurant, remember that it should be eaten within two hours of purchase.



4. Chill Promptly

Keep cold perishable food such as luncheon meats, chicken, and potato or pasta salad in an insulated cooler packed with several inches of ice, ice packs or containers of frozen water. Keep the cooler in the passenger area of your vehicle (not the trunk) and place in the shade or shelter at the picnic site.

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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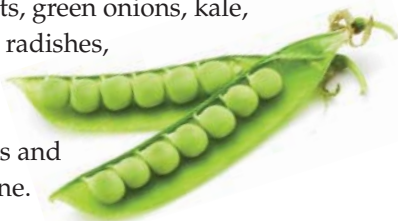
My family of five enjoys eating at restaurants now and then, but it really stretches our food budget. Do you have any tips?

You can trim your restaurant bill with these ideas:

1. Order water instead of other beverages and skip dessert. At \$2 to \$3 per beverage, opting for water could shave \$10 to \$15 from your bill.
2. If you must have a sweet treat, order one dessert and cut it into the appropriate number of pieces so everyone gets a taste.
3. Consider sharing meals. Some restaurants do not have child-sized portions, so you could order one adult-sized meal for two people – along with an extra plate.
4. Take advantage of the “kids eat free” specials that some restaurants advertise. Usually for each adult meal purchased, one child meal is available free or at a reduced cost.
5. Check out promotions, such as buy-one-get-one coupons or special deals offered on the restaurant’s website or Facebook page. Some restaurants email coupons if you are a “fan” of their Facebook page.
6. Find out if the restaurant has special deals for “early birds.” Sometimes, restaurants offer reduced-cost meals or appetizers if you arrive earlier than their busy time.

Fruits and Vegetables “in Season” in June

Broccoli, chokecherries, currants, green onions, kale, kohlrabi, lettuce, parsley, peas, radishes, raspberries, rhubarb, spinach, strawberries, summer squash and Swiss chard are some fruits and veggies that are available in June.



See www.healthynd.org/publications/InSeasonHarvestCalendar.pdf for a full calendar of seasonal favorites at their peak flavor and price.

FoodWi\$e Tip of the Month

When preparing for a picnic, keep sandwiches from becoming soggy by packing lettuce and condiments in separate containers in a cooler. Add them to sandwiches just before serving.

Linda Kuster, Grand Forks County

◆ Just for Fun ◆

Who comes to a picnic but is never invited?

Ants!

Country-style Potato Salad

- 3 medium-sized red potatoes (about $\frac{3}{4}$ pound)
- 1 c. celery, chopped
- $\frac{1}{2}$ c. onion, minced
- 1 c. peas (frozen)
- 1 Tbsp. mustard
- $\frac{1}{2}$ c. mayonnaise, low-fat
- $\frac{1}{2}$ c. plain, nonfat yogurt
- Black pepper to taste
- Lettuce, tomato, chopped green onion (garnish)



1. Wash potatoes, leave skin on and cut into bite-sized chunks
2. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes.
3. Drain in colander and sprinkle lightly with cold water.
4. Put the rest of the ingredients in a large mixing bowl. Drain potatoes well and add to the bowl.
5. Mix well and refrigerate until ready to use.
6. Garnish with fresh lettuce and sliced tomatoes.

Makes four servings. Each serving has 230 calories, 10 grams (g) fat, 32 g carbohydrate, 4 g fiber, 6 g protein and 310 milligrams of sodium.



Menu idea:

Grilled burgers on whole-grain buns, Country-style Potato Salad, barbecue beans, mixed fruit (strawberries, kiwi, cantaloupe), lemonade

Visit www.ag.ndsu.edu/foodwise for more recipes and tips about food and nutrition.

Julie Garden-Robinson, Food and Nutrition Specialist

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

