



Nutrition Notes

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Summertime is Picnic Time

Picnicking is a special part of many summertime activities. If picnic foods are not handled safely, they can cause food-borne illness. To prevent illness, take safety on your picnic. Follow these food safety rules:

Prepare foods safely—

Wash hands before handling food and use clean utensils and containers. Never use utensils and containers that have touched raw food for cooked food unless they have been thoroughly washed.

Do not prepare foods more than one day before your picnic unless it is to be frozen.

Package foods for safety—

Keep cold food cold. Keep cold food at 40 degrees F or colder to prevent bacterial growth. To do so, pack cold foods in a sturdy, insulated cooler with plenty of ice or frozen gel packs. Freeze your own blocks of ice in milk cartons or plastic containers for use in the cooler. Put cold foods in water-proof containers or wrap in plastic wrap or aluminum foil and completely immerse in the ice inside the

cooler. If using frozen gel packs or containers of homemade ice, place them between packages of food. Never just set containers of food on top of ice.

Keep hot food hot. Keep hot foods at 140 degrees F or hotter to prevent the growth of harmful bacteria. Take-out foods or foods cooked just before being transported to the picnic can be carried hot. Wrap hot food in towels, then newspaper, and place inside a box or heavy paper bag. Keep these foods warm on a lit grill or use within one hour.

Handle left-overs safely—

Because most picnic leftovers have been sitting out for more than one hour and have had many people handling them, throw them out.

Cold foods kept in a cooler that still has ice may be safe. If the ice is melted, throw out the food. Cold water cannot keep foods cold enough to be safe.

**Enjoy quality
time together!**

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If you cannot keep hot foods hot and cold foods cold, pack foods that do not need refrigeration:

- Peanut butter sandwiches
- Dried fruit
- Nuts
- Unpeeled fresh fruit like apples, bananas, peaches
- Jelly sandwiches
- Unopened canned foods like tuna or fruits
- Crackers
- Shelf stable pudding
- Granola bars
- Trailmix

Taco Rice Salad

From: Nourish Interactive

- Cooking spray
- Ground round or ground turkey 1 pound
- 1 garlic clove, minced
- Cooked yellow rice 3 cups
- Ground cumin 1 teaspoon
- Chili powder 1 teaspoon
- Salt ¼ teaspoon
- Pepper ¼ teaspoon
- Torn romaine lettuce 6 cups
- Chopped tomatoes (about 1 ¼ pounds) 3 cups
- 1 cup frozen whole-kernel corn, thawed 1 cup
- Chopped red onion ½ cup
- 1 (15 ounce) can black beans, drained and rinsed
- Dressing:
- Low fat sour cream 2/3 cup
- Picante sauce 2/3 cup
- Chili powder 1 teaspoon
- Ground cumin ½ teaspoon
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Directions

1. Cook Rice
2. To prepare salad, heat a large skillet over medium heat. Coat pan with cooking spray and add beef and garlic, cook 10 minutes or until browned, stirring to crumble. Drain, return meat to skillet.
3. Stir in rice, 1 teaspoon ground cumin, 1 teaspoon chili powder, salt and pepper. Cool slightly.
4. To prepare dressing, combine sour cream, picante sauce, 1 teaspoon chili powder and 1/2 teaspoon ground cumin, stirring with a whisk.
5. Spoon dressing over salad mixture and toss. Place 1 1/3 cups lettuce mixture on each plate. Top with ¾ cup rice mixture and about 1 ½ tablespoons cheese if desired.