



By Alice Henneman, MS, RD, UNL Extension Educator

June is Dairy Month. Here's a recipe from the Centers for Disease Control and Prevention and the "Fruits and Veggies – More Matters" campaign featuring both dairy and fruits for a power-packed combo!

Strawberry Yogurt Shake

Preparation Time: 10 minutes • Number of Servings: 2
Cups of Fruits and Vegetables Per Person: 2

1/2 cup unsweetened pineapple juice
3/4 cup plain low fat yogurt
1-1/2 cups frozen, unsweetened strawberries
1 teaspoon granulated sugar



Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

*Nutrition Facts: Serving Size: 1/2 of recipe for Strawberry Yogurt Shake
Calories, 140; Total Fat, 2g; Saturated Fat, 1g; Cholesterol, 5mg; Sodium, 65mg; Total Carbohydrate, 27g; Dietary Fiber, 2g; Sugars, 22g; Protein, 6g;
Vitamin A, 2% DV; Vitamin C, 90% DV; Calcium, 20% DV; Iron, 6% DV*

Water is Body's Most Essential Nutrient



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

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Summer's arriving and as the temperatures rise, so does your body's need for proper hydration. Water, one of your body's most essential nutrients—and the one it needs in the greatest amounts, is most often disregarded. Every cell, tissue and organ in our body needs water to function properly. Some other important functions of water include:

- Regulates body temperature.
- Transports nutrients and oxygen through the body.
- Comprises important body fluids (blood, digestive juices).
- Carries waste products out of your body.
- Moistens body tissues, such as eyes, nose, mouth.
- Prevents constipation.
- Cushions joints.
- Protects organs and tissues.

It is recommended healthy adults get around 8 to 12 glasses of water a day. That may seem like a lot, but we also can get water from other beverages and foods. Be wise when you choose other beverages for your fluid needs. Here are some tips:

- Caffeinated beverages (tea, coffee, and soda) and alcohol can act as a mild diuretic, increasing fluid lost through urination. Decaffeinated beverages do not have this effect.



- 100% fruit juice can supply a varying amount of vitamins A and C. Don't be fooled by fruit drinks that aren't 100% fruit juice, they will supply you with extra sugar and calories and not the same nutritional content (juice drink, juice beverage, juice cocktail, punch).
- Except for water and carbohydrates in the form of simple sugar, carbonated beverages do not supply a significant amount of any other nutrients.
- Milk supplies water and other essential nutrients such as calcium, vitamins D and A, certain B vitamins, protein, potassium and phosphorus. Choose skim or 1% to avoid extra fat and calories. Flavored milk, such as chocolate or strawberry, also can be a healthy choice. Just remember adding extra sugar adds extra calories!

100 extra calories a day can lead to a 10 pound weight gain a year. Your beverage choice can often sneak in extra calories without you even realizing it. Take a look at the Nutrition Facts label and the next time you take a drink—make your drink count!

Practice Safe Cooking and Food Handling When Grilling

Backyard chefs may think they know best when it comes to grilling perfect burger, steak or barbecue chicken, but unless they follow key food safety practices their friends and family may wish to think twice before taking a seat at the picnic table.

"The risk of foodborne illness increases during the summer months because disease-causing bacteria grow faster on raw meat and poultry products in warmer weather," said USDA Under Secretary for Food Safety, Dr. Richard Raymond. "Bacteria also needs moisture to flourish and summer weather, often hot and humid, provides the perfect conditions."

USDA's four key recommendations can help keep friends and family safe from foodborne illness:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Don't cross-contaminate. Keep raw meat and poultry apart from cooked foods.
- **Cook**—Use a food thermometer to be sure meat and poultry are safely cooked.
- **Chill**—Refrigerate or freeze promptly.

In addition, USDA's Meat and Poultry Hotline in the spirit of a food safe summer grilling season, is providing these important recommendations for grillers:

It's a Wash!

In sports, "it's a wash" means the two opposing teams are equally matched and the victor is anyone's guess. But during the summer grilling season, unless you wash your hands thoroughly, the opponent—bacteria that causes foodborne illness—will have the advantage. Be safe by thoroughly washing hands with soap and warm water for 20 seconds. If soap and water are not available at the picnic site then bring disposable towelettes or an alcohol-based hand sanitizer. Hand-washing is one of the simplest ways to help reduce the threat of foodborne illness.



Go Ahead, Make More Marinade

Sauces and marinades used on raw meat or poultry should never be reused on cooked foods. Reused marinade could potentially harbor bacteria that can make people sick. Recycling the marinade as a dipping sauce after the food has been cooked is a bad idea if it has not been boiled first. Always allow meat and poultry to marinate in the refrigerator. At room temperature bacteria on raw meat and poultry can double in number every 20 minutes. Likewise, thaw meat and poultry in the refrigerator, never on the counter.



All poultry products should reach a safe internal temperature of 165 degrees F.

Safe at the Plate

This term applies to more than baseball. One of the most common mistakes people make is serving cooked food on the same plate used to transport the raw meat or poultry from the kitchen to the grill. Cross-contamination also can occur when vegetables or other uncooked foods come into contact with cutting boards, plates and utensils that were used for raw meat and poultry products. So this summer keep it safe by using separate plates—one for raw foods and one for cooked foods.

Tools of the Trade

You can never have enough tools and two of something is better than one — and safer. It is important to have more than one spatula, fork and other utensils on-hand when grilling. Backyard chefs often use a spatula or kitchen tongs to place raw food on the grill and later use the same utensil to remove the food after it's been fully cooked. Because the utensil came into contact with raw food, it could harbor bacteria and transfer them to the cooked food. Be sure to use two utensils, one for raw food and one for cooked food.

Watch the Temperature Rise

Studies show the color of cooked poultry and hamburgers is not a reliable way to determine if foods have been cooked to a temperature high enough to kill bacteria like *E. coli* O157:H7 and *Salmonella*. The only way to be sure food is safely cooked is to use a food thermometer to measure the internal temperature. All poultry products should reach a safe minimum internal temperature of 165 degrees F. Ground beef and pork should be cooked to 160 degrees F and steaks, roasts and fish should be cooked to 145 degrees F.

An Ice Chest isn't Just for Drinks

An ice chest is a valuable tool at summer outings. Not only does it serve as a vehicle for transporting food, it also plays a critical role in reducing

the chances of foodborne illness. Drinks aren't the only food products that should be chilled. Popular picnic items like hot dogs, raw hamburgers and salads should be packed in a cooler with enough ice or freezer packs to keep the temperature inside at 40 degrees F or below.

Dad, Are We There Yet?

All dads know the best way to get to their destinations without having to ask for directions. But when you are transporting hot foods to your picnic like fried chicken or BBQ ribs, take the most direct route. Hot take-out food should be eaten within two hours and within one hour if the temperature exceeds 90 degrees F.

Keep the Flame Alive

For many grilling enthusiasts there is only one way to cook—with fire! However, realize foods left out in temperatures higher than 90 degrees F will become unsafe in just one hour. Because summer picnics and barbecues often last for more than a few hours, food cooked and left sitting on the table for several hours should not be eaten. Hot foods need to be kept hot (140 degrees F or higher). Use the grill and warming trays to maintain these temperatures.

Chill Out

Play it safe by putting leftovers and perishables back on ice after eating. Don't send leftovers home with the guests unless this food is transported in a cooler with ice and immediately chilled. These foods can reach the "Danger Zone" (40 degrees F to 140 degrees F), where bacteria can grow and multiply if not properly chilled. Also, cold foods need to be kept cold (40 degrees F or lower).

Use coolers and ice to maintain these temperatures.

Source: USDA Food Safety and Inspection Service

