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## Leafy Green Lettuce Salad with Apple Cider Vinegar Dressing

Use a mild, delicate-flavored, lettuce in this salad—such as loose leaf lettuce or a butterhead (includes Boston and Bibb) lettuce.

The sweet, tangy taste of this apple cider vinegar dressing is a perfect quick and easy complement to these varieties of salad greens.



For each 2 cups of lettuce (measured after leaves have been torn into pieces to equal 2 cups), use the following proportions to make the dressing. **Note: This amount of dressing makes one generous-sized side-dish salad; increase amount proportionately for more lettuce.**

**2 teaspoons mild-flavored vegetable oil, such as canola oil**

**1 teaspoon apple cider vinegar**

**1/2 teaspoon sugar**

**Possible add-ins:**

- sliced radishes
- apples, with peels, cut into thin slices
- dried cranberries
- mandarin oranges
- chopped pecans

Whisk oil, vinegar and sugar together in a small bowl. Mix with lettuce and any additional salad ingredients, tossing to coat. Serve right away.

TIP: Remove leafy radish tops before storing them in the refrigerator. Radishes don't keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before serving.

# Handling Food Safely on the Road

V-A-C-A-T-I-O-N! Oh, how we long for the eight letter word every summer, when millions of us eagerly get away from school and work. We take to the road in cars or recreational vehicles; live on boats; relax in beach or mountain vacation homes; and camp.

No matter where we go or what we do, there is a common denominator that runs through all of our summer travels and relaxation — it's called F-O-O-D!

The "road" to food safety, however, can either be a bumpy one or smooth — depending on what precautions are taken handling meals as we travel this summer.

The U.S. Department of Agriculture's nationwide, toll-free Meat and Poultry Hotline reminds everyone some simple, common-sense food safety rules can save a vacation from disaster. Following this advice could make the difference between a vacation to remember and one that is remembered because people got sick from improperly handled food.

First, some general rules, while traveling this summer:

### REMEMBER!

In hot weather (above 90 degrees F), food should never sit out for more than 1 hour.

Discard any food left out more than 2 hours (1 hour if temperatures are above 90 degrees F).

### Plan Ahead...

If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on-hand before starting to pack food. If you take perishable foods along (for example, meat, poultry, eggs and salads) for eating on the road or to cook at your vacation spot, plan to keep everything on ice in your cooler.

### Pack Safely...

Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while it is still frozen; it stays colder longer. Also, a full cooler will maintain its cold temperatures longer than one partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.

If the cooler is only partially filled, pack the remaining space with more ice. For long trips to the shore or the mountains, take along two coolers — one for the day's immediate food needs, such as lunch, drinks or snacks and



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the other for perishable foods to be used later in the vacation. Limit the times the cooler is opened. Open and close the lid quickly.

Now, follow these food safety tips:



### When Camping...

Remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp or poncho, preferably one light in color to reflect heat.

Bring along bottled water or other canned or bottled drinks. Always assume streams and rivers are not safe for drinking. If camping in a remote area, bring along water purification tablets or equipment. These are available at camping supply stores.

Keep hands and all utensils clean when preparing food. Use disposable moist towelettes to clean hands. When planning meals, think about buying and using shelf-stable food to ensure food safety.

### When Boating...

If boating on vacation, or out for the day, make sure the all-important cooler is along.

Don't let perishable food sit out while swimming or fishing. Remember, food sitting out for more than 2 hours is not safe. The time frame is reduced to just 1 hour if the outside temperature is above 90 degrees F.

Now, about that "catch" of fish — assuming the big one did not get away. For fin fish: scale, gut and clean the fish as soon as they are caught. Wrap both whole and cleaned fish in water-tight plastic and store on ice. Keep 3–4 inches of ice on the bottom of the cooler. Alternate layers of fish and ice. Cook the fish in 1–2 days, or freeze. After cooking, eat within 3–4 days. Make sure the raw fish stays separate from cooked foods.

Crabs, lobsters and other

shellfish must be kept alive until cooked. Store in a bushel or laundry basket under wet burlap. Crabs and lobsters are best eaten the day they are caught. Live oysters can keep 7–10 days; mussels and clams, 4–5 days.

Caution: Be aware of the potential dangers of eating raw shellfish. This is especially true for persons with liver disorders or weakened immune systems. However, no one should eat raw shellfish.

### When at the Beach

Plan ahead. Take along only the amount of food to be eaten to avoid having leftovers. If grilling, make sure local ordinances allow it.

Bring the cooler! Partially bury it in the sand, cover with blankets and shade with a beach umbrella.

Bring along disposable moist towelettes for cleaning hands.

If dining along the boardwalk, make sure the food stands frequented look clean, and hot foods are served hot and cold foods cold. Don't eat anything that has been sitting out in the hot sun for more than 2 hours (1 hour when the temperature is above 90 degrees F) — a real invitation for foodborne illness and a spoiled vacation.

### When in the Vacation Home or the Recreation Vehicle...

If a vacation home or a recreational vehicle has not been used for a while, check leftover canned food from last year. The Meat and Poultry Hotline recommends canned foods which may have been exposed to freezing and thawing temperatures over the winter be discarded.

Also, check the refrigerator. If unplugged from last year, thoroughly clean it before using. Make sure the refrigerator, food preparation areas and utensils in the vacation home or in the recreational vehicle are thoroughly cleaned with hot soapy water.

Source: U.S. Department of Agriculture Food Safety and Inspection Service

## \$tretch Your Food Dollar by Packing Your Lunch



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

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Tired of racing around to find something to eat while on your lunch break? Tired of how much it costs to eat out? Tired of eating fast food meals which are typically high in fat and low in fruits and vegetables? Tired of not having a chance to relax and enjoy your lunch break? If you answered YES to these questions we have an easy solution for you. PACK YOUR LUNCH! Below are the top 3 reasons to pack your lunch:

### 1. Save Money

Save some of your hard earned money by packing your own lunch. On average, packing your lunch will cost you anywhere from \$2 to \$3. Going out to lunch at a fast food restaurant, on the other hand,

usually costs at least \$5. If you do the math, you'll discover you can save around \$800 in one year by just packing your lunch instead of eating out.

### 2. Health Benefits

Fast food meals often fall short on providing you with food from each of the 5 food groups (grains, vegetables, fruits, milk, meat & beans). Not to mention most fast food meals are high in fat and low in important nutrients like vitamins and minerals. By packing your own lunch you can ensure you eat healthy by including something from each of the food groups, especially those juicy fruits and crisp veggies, along with eating foods lower in calories and fat.

### 3. It's Easy

One of the easiest ways to make your lunch is by packing your leftovers from dinner. Make sure to cook an extra serving at dinner and then you'll have your lunch for the next day ready to go. This is a great way to save money and not waste food. If you don't take leftovers, make sure to plan for your lunches when you do see PACKING LUNCH on page 5