

It's Grilling Season

Barbequing and grilling season is outdoor fun with family and friends!

The warm weather is here. It's food safety time!

When eating outdoors protect your family, and friends from food poisoning. During this season, safe food handling is important! Keep your food safe: from your kitchen — all the way to the outdoor table.

Here are simple steps:



Keep Cold Foods Cold and Hot Foods Hot

- Place cold food in a cooler with ice or frozen gel packs to prevent bacterial growth. Cold food should be kept in the cooler at 40 °F or below until cook time.

- Meat, poultry, and seafood can be packed frozen so that they stay colder while traveling.

- Hot food should be kept at or above 140 °F.

- Use a food thermometer to make sure your food is kept at the right temperature.

Arrange the food in the cooler

- Pack drinks in one cooler and cold foods in another. This keeps the food from getting warm from the air temperature.

Keep coolers closed

- While outdoors, keep the cooler closed. This will help keep food colder longer.

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For more tips, take a look inside! ←



Pack and Carry Food Safely during Grilling Season (cont.)



Don't cross-contaminate.

- Keep raw meat, poultry, and seafood wrapped tight. This keeps their juices from contaminating cooked foods or raw foods such as fruits and vegetables.

- Never reuse a plate or utensils that held or touched raw meat, poultry, or seafood for serving — unless they've been washed in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food. This is particularly important to remember when serving cooked foods from the grill.
- Have a clean platter and utensils ready at grill-side to serve your food.
- **Wash your Fruits and Vegetables.**

- Under running tap water rub or scrub with a vegetable brush fresh fruits and vegetables then rinse before packing them in the cooler — even wash the skins and rinds that are not eaten.

- Dry fruits and vegetables with a clean cloth towel or paper towel.

adapted from: www.usda.gov

Community Nutrition Educators In Action



We would like to give a big shoutout to our EFNEP Youth Program Assistant, **Sharon Shope**, in Stewart County. She helped a school redesign their entire cafeteria to encourage the students to eat more fruits and veggies!



We would also like to give a big shoutout to our SNAP-Ed Program Assistant, **Stacy Manley**, in Lauderdale County. Fourteen GED students at the UT Ripley Campus graduated from the Eating Smart and Moving More Program!

OUTSTANDING WORK EDUCATORS! KEEP IT UP! ←



SHOP: Barbeque on a Budget



Create a checklist

- When shopping for food or cookout supplies, a checklist can be your best friend.
- From paper plates to your spouse's favorite BBQ sauce, it's helpful to have everything on hand when you need it.



Search for sales

- Sales and coupons can offer value to anyone planning a cookout.
- In addition to newspapers and weekly mailers, there are many places to find discounts on the Internet and in grocery store circulars.



Try not to waste fuel

- When cooking with charcoal, you most likely don't need to use the entire 10-pound bag.
- Three pounds should cook enough food for four to six people. If you use a gas grill, you might only need to keep the burners on high for the first five minutes after the food is added.



- Once the last piece of food is cooked, remember to turn off the grill and propane tank.

Don't Blow Your Budget on Meat

- Skip the expensive cuts of steak instead try an inexpensive flank steak.
- Use flavorful legs and thighs, instead of boneless chicken breast and grill-friendly seafood like mackerel or blue fish.



Wash, Wash, Wash Your Hands.

- Always wash your hands with warm water and soap for at least 20 seconds before and after handling food. Sing Row, Row, Row Your Boat twice to get a sense of how long you should wash.



COOK: When it's time to BBQ!

Is the grill HOT?

- Preheat your grill 15 to 25 minutes before you start cooking to make sure it reaches the right temperature (and to kill any bacteria).
- Your grill should be 400-450°F for high, 350-400°F for medium-high, 300-350°F for medium and 250-300°F for low heat.
- A properly heated grill sears foods on contact, keeps the insides moist and helps prevent sticking.



Clean It Off

- It's easier to remove debris when the grill is hot, so after preheating, use a long-handled wire grill brush on your grill rack to clean off charred debris from prior meals.
- Scrape again immediately after use.
- If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.

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COOK: When it's time to BBQ! (continue)

Tame the Flames

- Flare-ups happen when fat drips onto the heat source and catches fire.
- To reduce flare-ups, select lean cuts of meat, trim excess fat and remove skin from chicken.
- Keep a squirt bottle of water near the grill to quickly put out any unexpected flare-ups.

Give It A Rest

- Let finished meats rest on a clean serving dish, tented with foil, for about 10 minutes before carving, so juices can flow evenly.



EAT: Stretch the Burger

When having a cookout, one way to stretch your food budget is to stretch your burgers. Stretching a burger means to add other ingredients to make the ground beef/turkey/chicken go further. Here are a few ideas:

- Add chopped mushrooms
- Add a can of mashed beans to your burger mix
- Add 1/4 cup breadcrumbs to your ground beef
- Add 1/4 cup quick cook oats



All these additions will add texture, flavor and bulk up your burgers to make that meat go further.



Don't make your guest sick! Make sure that meat is done!





EAT: Make your own side dishes

- Serving a whole lot of delicious sides means you can get away with serving less meat.
- Sides are a lot cheaper than meat; it will bring your BBQ budget down.
- Rice or pasta salad, for example, can cost a couple of dollars, and are a BBQ favorite.



Here are some Recipes you can try during this grilling season!



APRIL

Broiled Salmon

- 4 salmon fillets (3-4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 whole lemon

What To Do:

1. Adjust oven rack to highest setting.
2. Preheat broiler to high. Cover a baking sheet with foil and spray with nonstick cooking spray.
3. Place salmon fillets on baking sheet. Sprinkle evenly with salt and ground black pepper.
4. Wash and cut lemon in half. Squeeze juice over the top of the salmon fillets.
5. Broil for 5-6 minutes.

Looking for more tips on how to grill safely this summer?

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MAY

Crispy Baked Chicken



- 1 1/2 pounds boneless, skinless chicken
- 2 cups cornflakes
- 1 teaspoon garlic powder
- 1/4 cup nonfat milk
- Optional: Italian seasoning, dried basil, or dried oregano

What To Do:

1. Preheat oven to 425°F. Cover a large baking sheet with foil and spray with nonstick cooking spray.
2. Cut chicken into four to eight pieces. The amount depends on the cut of the chicken chosen.
3. Put cornflakes and garlic powder (and any optional seasoning) into a large, sealable plastic bag or on a large plate. Crush cornflakes with hands or a rolling pin.
4. Pour milk into a small bowl.
5. Dip each chicken piece into milk and then roll in crushed cornflakes. Make sure each piece is coated on all sides.
6. Place coated chicken on baking sheet. Bake for 20-25 minutes until thoroughly cooked.

JUNE

Croutons



- 4 slices whole wheat bread
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 teaspoon garlic powder
- 1 teaspoon dried basil

What To Do:

1. Preheat oven to 350 degrees F.
2. Cut bread into one inch cubes.
3. Stir bread and oil together in a medium bowl.
4. Sprinkle garlic powder and dried basil on top of bread cubes. Stir until the bread is evenly coated with garlic and basil.
5. Spray a baking sheet with nonstick cooking spray. Spread croutons evenly on the baking sheet. Bake for 10 minutes. Stir. Bake for up to 5 minutes more or until the croutons are golden brown.
6. Let croutons cool and store in an airtight container for up to one week.

Taking time to plan your meals can help you save money and time at the grocery store. Here is a sample meal plan to get you started.

Weekly Meal Plan

Week of:

Monday > Tuesday

Proteins

Vegetables

Grains

Dairy

Fruit

Wednesday > Thursday

Proteins

Vegetables

Grains

Dairy

Fruit

Friday > Saturday

Proteins

Vegetables

Grains

Dairy

Fruit

Sunday

Proteins

Vegetables

Grains

Dairy

Fruit

Household items